



# City of Yonkers

The Department of Parks, Recreation & Conservation

285 Nepperhan Avenue

Yonkers, New York 10701



**Fall 2011**

## **COMMUNITY RECREATION**

[www.yonkersny.gov](http://www.yonkersny.gov)

[register.communitypass.net/yonkers](http://register.communitypass.net/yonkers)

# General Information

City Of Yonkers Department of Parks, Recreation and Conservation  
285 Nepperhan Avenue, Yonkers N.Y. 10701  
Monday- Friday 8:30 am to 4:30 pm

**REGISTRATION:** Registration is on a first-come, first-served basis until programs are full. MAIL-IN REGISTRATION IS NOT ACCEPTED.

**ON-LINE REGISTRATION:** The best way to maximize your chance of securing a spot in any program is to register online as soon as registration begins. You can make on-line payments using Visa, Master Card and Discover Card.

**WALK-IN REGISTRATION:** Walk-in registration takes place the day after on-line registration. Some classes will be full prior to 9am. If it is impossible for you to register on-line, in-person registration will take place at 285 Nepperhan Avenue. You can make payment using check, cash, Money Order, Master Card, Visa and Discover Card.

**AGE REQUIREMENTS:** Age requirements will be as of the date of the first class unless otherwise specified. Please do not request to register your child for a class she/he does not belong in. All age requirements are set to benefit the children and make instructions more consistent for the program leader. An Adult class is for ages 18 yrs and older. No one under the age of 18 is permitted to participate in or attend an adult class.

**PROGRAM ABSENCES:** Classes are not made up due to a participant's personal absence. If you miss a class because of personal reasons, we do not owe you a class. Classes lost to inclement weather will be rescheduled. We reserve the right to reschedule classes on an as-needed basis.

**REFUND POLICY:** If you register for a program and must drop out before the class begins, there will be \$25 processing fee associated with your refund. No refunds will be issued after classes begin, except for medical reasons. These requests must be accompanied by a letter from a physician.

**PROBLEM PAYMENTS:** Bounced checks and credit card charge cancellations will carry a \$25 processing fee.

**INCLEMENT WEATHER:** The best way to receive quick and accurate information about program cancellations is to call our Hotline at 377-6454. You can also listen for cancellation announcements on WFAS 1230 AM and 103.9 FM.

**SINCERE APPRECIATION:** We would like to thank the Yonkers Public Schools for the use of their facilities. The extra time and energy from principals, teachers, secretaries, and custodians is appreciated.

**SPECIALISTS NEEDED:** If you have a special skill and would like to teach for the Parks Department, call Recreation Director Stephen Loftus at 914-377-6436 Monday through Friday from 8:30 am until 4:30 pm.

**PROGRAM BEHAVIOR:** Participants are expected to exhibit appropriate behavior at all times. The following rules have been developed to make programs safe and enjoyable for everyone. Participants shall: show respect to all participants and staff. Refrain from using foul language. Refrain from causing bodily harm to other participants or staff. Show respect for equipment, supplies and facilities.

## CITY OF YONKERS

Philip A. Amicone, Mayor

### CITY COUNCIL

Charles Schorr - Lesnick President	Joan Gronowski 3rd District
Patricia D. McDow 1st District	Dennis Shepherd 4th District
Wilson Terrero 2nd District	John Murtagh 5th District
	John Larkin 6th District

### DEPARTMENT OF PARKS, RECREATION AND CONSERVATION

#### PARKS BOARD

Herbert Blum, Chairman	Jason Wilson
Joseph Greco	Orest Kozicky, MD
Geraldine Esposito	Stephen M. Trusa
	Erich Barnes

#### Commissioner

Martin Bellew

#### Deputy Commissioner

Craig A. Berardo

City Arborist, Joseph Troy

Director of Maintenance, Gino Pugliese

Recreation Director, Stephen Loftus

#### Recreation Supervisors:

David Antonelli	Tara Conte-Giglio
Lisa McKay	Frank Cardone
Andrea Velazquez	Sandy Korkatzis

### EJ MURRAY MEMORIAL SKATING CENTER

Rink Manager, Robert Allo

Assistant Rink Manager, Patricia Urban

### YONKERS ANIMAL SHELTER

Animal Control Officer

Almira Simpson

Deputy Animal Control Officer

Marco Segarra

### COYNE PARK RIFLE RANGE

Range Officer, Christopher Rotolo



## ON-LINE REGISTRATION

### Community Pass Registration Service

Register yourself or your entire family for recreation programs around the clock.

#### Requirements

You must pay with a Visa, Master Card or a Discover Card, and need a valid email address.

#### Setting up an Account

Go to <https://register.communitypass.net/yonkers>  
Click on :

"Create an Account for Your Family Now" and complete the account form.

To add more family members click on:

"Update Your Family Information". At the top of the next page click either "Add Another Child" or "Add Another Adult". After you have added your family members, click "Home". You will receive an email that contains your log-in info.



[register.communitypass.net/yonkers](https://register.communitypass.net/yonkers)

## ON REGISTRATION DAY

#### Step 1

Go to <https://register.communitypass.net/yonkers>  
Log in using your user name and password.  
Select the activity and click on "Register Now"

**Step 2** On the next page update any information for the primary contact and/or click "Continue"

**Step 3** On the next page select the "Group" at left. You can view full information about a program by clicking on the name of the program that appears above the "Register" button or register immediately by clicking on the "Register" button.

**Step 4** On the "Choose Participant" page, click the box next to the person/persons you are registering, then click "Continue".

**Step 5** On the "Registration Forms" page, enter the required information and then click the "Continue" button.

#### Step 6

If finished, click on the "Continue to Checkout" button and follow the remaining instructions to complete and pay for your registration. If not finished, click on "Continue Registering".

Confirmation will be sent via email receipt.

## ON-LINE REGISTRATION SCHEDULE

- Pre-K Recreation
- Youth Recreation
- Teen Recreation
- Adult Recreation

**Thursday, September 8  
at 7:00 pm**

- **Swimming : Wednesday, September 14 at 7:00 pm** \*see water testing below.

\* Water Testing Requirements: **Tuesday September 13** from 6:00 - 8:00 pm at the Mark Twain Pool  
**If your child has not been in our program,  
you MUST bring them to Water Testing for correct placement in our level classes,  
unless you know that they should be in Level 1.**

- **Project Friendship**

**To register call 377-6438 for an appointment.**

- **Registration is not required to attend the Teen Recreation Centers,  
Senior Citizen Centers, and the Senior Citizen Specialist Classes.**



## **Music in the Air this Fall**

### **Columbus Day Parade**

Sunday, October 2 at 2:00 pm

Seminary Avenue from Yonkers Avenue to Midland Avenue

Left on Midland Avenue to Mile Square Road

### **Columbus Celebration Concert**

**An Afternoon of Great Italian Music**

**Yonkers Concert Band**

Celebrating its 70th Anniversary

Joseph Stamboni, Conductor

with soprano Jennifer Green and tenor Dale Smith

Sunday, October 16 at 2:45 pm

Saunders High School, 183 Palmer Road

Free Admission

### **Yonkers Philharmonic Orchestra**

James Sadewhite, Conductor

Sunday, October 23 at 3:00 pm

Saunders High School, 183 Palmer Road

Free Admission



### **Yonkers Male Glee Club**

Robert Sonnenberg, Music Director

Sunday, December 11 at 3:00 pm

Saunders High School, 183 Palmer Road

Free Admission

## Special Recreation Events

### 86th Running of the **Yonkers Marathon**

Sunday, September 18

Marathon and Half-Marathon start at 8:00 am

Call 377-6436 for more information or  
go to [nycruns.com](http://nycruns.com) to register.



### **“Yonkers Classic” Golf Tournament**

A two-round amateur golf tournament  
for Yonkers residents

Sundays, October 9 and 16

Entry deadline is September 23

Call 377-6443 for more information

### **Foul Shooting Contest**

Boys and Girls ... Ages 8 - 13

Monday, November 21

Yonkers High School

Pre-Registration required

Applications available October 3

Entry Deadline November 4

### **Mayor’s Basketball Tournament**

Open to teams with players 15 years old and younger

Pre-registration required

Applications available December 5

Free Admission

### **Fall Track**

Fall track is a cross country style of running

Runners (ages 4-14) compete to

complete a course over open terrain.

Saturdays and Sundays at 8:30 am in October

Site: Tibbetts Brook Park, 199 Teresa Avenue

## **Permit Division**

The permit division is responsible for issuing various recreational usage permits. Permits include indoor (school gyms and community centers) and outdoor (park facilities) permits, Redmond picnics, softball tournaments, mobile concessions, Fleming, Pelton, Tibbetts Soccer Facility and all other permits related to recreational facility usage. Fall applications are available September 1, 2011. Applications for spring and summer permits are available in January, 2012.

Permit deadlines are as follows:

Outdoor fall field permits are due Sept. 1, 2011.

Indoor permits are due Oct. 3, 2011.

Applications can be obtained by visiting our website at [www.yonkersny.gov](http://www.yonkersny.gov).

For more information about indoor permits call 377-6443. For all other permits call 377-6441.

## Programs at a Glance

### PRE-SCHOOLER RECREATION

Frank Cardone 377-6440  
 Little Learners  
 Time with Me  
 Pre-Ballet for Pre-K  
 Andrea Velasquez 377-6439  
 Parent & Tot Aquatics  
 Water Sprites

### YOUTH RECREATION

Frank Cardone 377-6440  
 Acoustic Guitar  
 Advanced Youth Guitar  
 Art 101  
 Baby Sitting Training  
 Ballet & Tap  
 Baton & Cheerleading  
 Chess  
 Crafty Kids  
 Hip Hop  
 Karate  
 Tap & Jazz  
 Tennis  
 Theatre  
 Tin Whistle  
 Violin  
 Voice  
 Zumbatomic® for Kids  
 Andrea Velasquez 377-6439  
 Synchronized Swimming  
 Tsunami Swim Team  
 Youth Level Swim Classes

### TEEN RECREATION

Frank Cardone 377-6440  
 Acoustic Guitar  
 Advanced Guitar  
 "Artist in You" Drawing Class  
 Baby-Sitting Training  
 Theatre  
 Voice for Beginners  
 Voice for Intermediates  
 Sandy Korkatzis 377-6444  
 Yonkers Idol Search  
 David Antonelli 377-6443  
 Teen Recreation Centers  
 Andrea Velasquez 377-6439  
 Cardio Aqua Fit  
 Deep H2O Aquacise  
 Synchronized Swimming  
 Teen Learn to Swim  
 WSI Course  
 Yonkers Tsunami Swim Team

### ADULT PROGRAMS

Frank Cardone 377-6440  
 40/40 Dance Combo  
 Acoustic Guitar  
 "Artist in You" Drawing Class  
 Ballroom & Latin Dance  
 Belly Dance  
 Boot Camp Fitness  
 Cooking Workshops  
 Dance Exercise  
 Dog Obedience  
 Italian Conversation & Grammar  
 Light Rifle Shooting for Women  
 Line Dancing  
 Morning W.O.N.D.E.R  
 Oil Painting  
 Salsa Dancing  
 Slimmersize with a touch of Zumba  
 Slimnastics with a touch of Zumba  
 Tennis  
 Voice for Beginners  
 Water Color Painting  
 Yoga  
 Zumba®  
 David Antonelli 377-6443  
 Open Gym Basketball  
 Non Competitive Basketball  
 Andrea Velasquez 377-6439  
 Adult Learn to Swim  
 Cardio Aqua Fit  
 Deep H2O Aquacise  
 Lap Swim  
 WSI Course  
 Yonkers Masters Swimming

### SENIOR CITIZEN RECREATION

Sandy Korkatzis 377-6444  
 Bingo  
 Chair Exercise  
 Chair Yoga  
 Computer Classes  
 Drawing Class  
 Driver Defense Courses  
 Exercise  
 Intergenerational Program  
 Intro to Ballroom Dancing  
 Line Dancing  
 Swimming  
 Tai Chi  
 Walking Program  
 Water Color Painting  
 Woodcarving  
 Yoga

### PROJECT FRIENDSHIP

Tara Conte 377-6438  
 Art Therapy  
 Bowling  
 Dance Therapy  
 Fun & Fitness  
 Hero Tennis  
 Music Therapy  
 Pet Therapy  
 Special Olympics  
 Story Telling  
 Teen Social Club  
 Theatre Workshop  
 Yoga  
 Young Adult Club

### AQUATICS

Andrea Velasquez 377-6439  
 A.R.C. WSI Course  
 Adult Learn to Swim  
 Cardio Aqua Fit  
 Deep H2O Aquacise  
 Lap Swim  
 Noon Lap Swim  
 Parent & Tot  
 Recreation Open Swim  
 Senior Swim at the Mark Twain Pool  
 Teen Learn to Swim  
 Water Sprites  
 Yonkers Masters Swimming  
 Yonkers Tsunami Swim Team  
 Youth Level Swim Classes

### OUTDOOR PERMITS

Lisa McKay 377-6442

### INDOOR PERMITS

David Antonelli 377-6443

### YONKERS ANIMAL SHELTER

377-6730

### RIFLE & PISTOL RANGE

377-6488

### EJ MURRAY MEMORIAL SKATING CENTER

377-6469

### YONKERS PARKS DEPARTMENT

377-6450





## Pre-K Recreation

### Time with Me

Miss Tabitha is back! Parents rave about her class as they and their children have fun in an environment where learning unfolds through play and exploration. What's waiting for you? You and your child will enjoy an hour of creative play, crafts, singing songs, painting and dancing. Each child registered must have an adult present and no other children will be allowed in class.

**Teacher:** Miss Tabitha

**Fee:** \$85. Non-residents: \$110

**On-line Registration:** See page 3

**Location:** Charles A. Cola Community Center  
945 North Broadway



**Dates:** 10 Thursdays, starting September 22

**Age/Time:** 18 - 24 months 9:00 - 10:00 am  
24 - 30 months 10:00 - 11:00 am  
30 - 36 months 11:00 - 12:00 pm

### Pre-Ballet

**Instructor:** Silvana, Stefanie, and Donna

An introduction to basic ballet technique while enjoying dance exercises in a cheerful atmosphere. Children learn to move across the floor, line up, share, take turns, and express themselves through movement games. Max 10 students per class. Silvana will teach on Fridays, Stefanie on Tuesdays and Thursdays, and Donna on Mondays

**Requirements:** Dancewear/ form-fitting clothes and ballet slippers (Girls-pink, Boys-black).

Children can register for one class only, on one day.

**Fee:** \$75. Non-residents: \$100

**Location:** Montessori Academy (Mark Twain),  
opposite 119 Woodlawn Ave.

**Dates:** 10 classes: Mondays, Tuesdays, Thursdays,  
or Fridays starting Sept. 19, 20, 22 or 23.

**Age/Time:** 3 - 4.5 yrs 4:45 - 5:30 pm  
4.5 - 5 yrs 5:45 - 6:30 pm

**On-line Registration:** See page 3.



## Aquatics

See page 33 for information about  
Parent & Tot (Ages 6 months - 4 years)  
and Water Sprites (Ages 3 - 4 years)

## Pre-K Recreation

### Little Learner Pre-K Program 2011-2012

This very popular program is now available for as many as five mornings a week and continues to be a great value. In addition, we have introduced afternoon hours at two of our four sites.

Youngsters 3 and 4 years of age are introduced to a variety of recreational and educational learning experiences through activities such as arts and crafts, music, drawing, and story-telling. Activities are designed to develop and enhance the basic principles of sharing, communication, cooperation and social interaction.

Requirement: Children must be toilet trained (no diapers) and be three years old by December. Parents will be required to present a birth certificate at class if asked to do so.



### Morning Program

**Dates:** September 19 through early June

**Age:** 3 - 4 yrs. See above.

**Time:** 9:00 - 11:30 am

**Registration:** Mon., Sept. 8 at 7:00 pm

**Fee:** Various choices / fees are listed below.

### 4 Convenient Sites

**Bronx River Road Center**, 680 Bronx River Road

Teacher: Miss Vickie

**Cola Center**, 945 North Broadway

Teacher: Miss Caryn

**Coyne Park**, 777 McLean Avenue

Teacher: Maureen Mastrocola

**Will Library**, 1500 Central Park Avenue

Teacher: Miss Lucy

### Choices at the Cola Center

3 mornings.....Monday, Tuesday, and Wednesday

**Choices at Bronx River Road, Coyne Park & Will Library**

2 mornings.....Thursday, and Friday

3 mornings.....Monday, Tuesday, and Wednesday

5 mornings

### Fees: Every option is a Great Value

2 mornings: Residents \$ 725      Non-residents \$ 825

3 mornings: Residents \$1088      Non-residents \$1238

5 mornings: Residents \$1812      Non-residents \$2062

### Afternoon Program

**Dates:** September 20 or 21 through early June

**Age:** 3 - 4 yrs. See above.

**Time:** 12:30 to 3:00 pm.

**Registration:** Mon., Sept. 8 at 7:00 pm

**Fee:** Residents \$ 725

Non-residents \$825

### 2 Convenient Sites

**2 Afternoons at Bronx River Road**, 680 Bronx River Road

Teacher: Miss Vickie

Wednesdays and Thursdays

**2 Afternoons at Cola Center**, 945 North Broadway

Teacher: Miss Tabitha

Tuesdays and Thursdays

Children are expected to eat lunch prior to arriving.

This new afternoon program is separate from the morning program and requires a separate registration fee. Parents are welcome to register their children for both programs. Please note that the afternoon program does not include lunch.

### Registration Advice:

Registration is on a first-come, first-served basis. On-Line Registration begins on Thursday, Sept. 8 at 7:00 pm. If you have not already done so, we recommend that you immediately create a family account on our Community Pass Registration Service, then be ready to register on Thursday, Sept. 8 at 7:00 pm. Parents should have in mind a second site, in the event their first choice fills. Parents who choose to register in person at the Parks Dept. at 9:00 am starting on Sept. 9 and thereafter run the risk that there is no space available. Our system develops a "Wait List" for each location. Parents with children on the "Wait List" will be notified if space becomes available.

### Time with Me

Our Time with Me program is for children 18-36 months, accompanied by a parent or guardian. Classes meet on Thursday mornings.

**See page 7 for details.**



## Youth Recreation / Music & Theatre

### Acoustic Guitar

Instructor: Chris Santiago

Learn the basics from chords and simple strumming to melodies and reading music. Extra cash fee due at second class for instruction book. Maximum 10 students per class. Beginners Plus is for students who have taken this class or have other experience. They must be able to read music notes.

Age/Time: 10-12 Beginners 9:00 - 10:00 am  
10-12 Beginner Plus 10:00 - 11:00 am

Dates: 10 Saturdays, starting September 24

Fee: \$75. Non-residents: \$100

Location: Roosevelt H.S., 631 Tuckahoe Rd.

On-line Registration: See page 3

### Advanced Youth & Teen Guitar

Instructor: Chris Santiago

This is not a class for beginners. No "tabs." Students must be able to read notes. Students will learn advanced guitar techniques addressing complex chord progressions, scales, rhythms, and advance in reading music notation. Skills will be developed for advanced acoustic and electric guitar technique. Bring your own acoustic or electric guitar. Maximum ten students. Extra cash fee at second class for instruction book. Note: Our Saturday students moving up to this Advanced Class may already have this book. Call 377-6440 (days) as soon as possible to find out.

Ages: 12-17

Time: 7:00 - 8:00 pm

Dates: 10 Mondays

We start on September 19

Fee: \$75. Non-residents: \$100

Location: Roosevelt H.S., 631 Tuckahoe Road

On-Line Registration: See page 3

### Violin

Instructor: Chris Santiago

Beginner students will learn the fundamentals of proper bowing, positioning, and note reading to play popular melodies. Maximum 10 students. Please note: Students must have a properly-sized instrument and Essential Elements 2000; Volume 1. (This is an instructional book that includes a CD. It is available at Sam Ash on Mamaroneck Ave in White Plains and other major music retailers). Call 377-6440 (days) as soon as possible if you require additional information.

Ages: 7 - 10

Time: 4:05 - 5:05 pm

Dates: 10 Thursdays. We start on September 22.

Fee: \$75. Non-residents: \$100

Location: Roosevelt H.S., 631 Tuckahoe Road

On-Line Registration: See page 3

### Tin Whistle

**NEW**

Instructor: Chris Santiago

An instrument rooted in Irish tradition. Students will learn to read notes and play traditional and popular melodies. The tin whistle is easy to learn and a fun way to introduce your child to the world of music. No experience necessary. Maximum 10 students. Students must provide their own tin whistle in D. A package that includes a tin whistle and instructional book is available from Sam Ash on Mamaroneck Avenue in White Plains.

Ages: 7 - 10

Time: 5:05 - 6:05 pm

Dates: 10 Thursdays. We start on September 22.

Fee: \$75. Non-residents: \$100

Location: Roosevelt H.S., 631 Tuckahoe Road

On-Line Registration: See page 3



### Theatre

Instructor: Chris Arena

An introduction to the performing arts through use of improvisation and theatre games. Children learn to channel their creativity in a structured environment. Everyone will have a chance to shine.

Age/Time: 8-11yrs 9:00 - 10:00 am

12-17yrs 10:00 - 11:00 am

Dates: 10 Saturdays, starting September 24.

Fee: \$75. Non-residents: \$100

Location: Roosevelt H.S., 631 Tuckahoe Rd

On-Line Registration: See page 3

## Youth Recreation / Dance & Voice

### Hip Hop

Instructor: Elisa Bonneau

Beginners learn the latest moves in an energetic but disciplined environment. Requirements: Wear sneakers and loose clothing.

Age/Time: 10-12 yrs 12:00 - 1:00 pm

Dates: 10 Saturdays, starting September 24

Fee: \$75. Non-residents: \$100

Location: Roosevelt H.S., 631 Tuckahoe Rd.

On-line Registration: See page 3

### Tap & Jazz

Instructor: Elisa Bonneau

Traditional tap & jazz mixed with a Broadway style. Great for children who enjoy dancing! Both classes are for students with and without experience. Requirements: Tap shoes.

Age/Time: 5-7 yrs 10:00 - 11:00 am

8-12 yrs 11:00 - 12:00 pm

Dates: 10 Saturdays, starting September 24

Fee: \$75. Non-residents: \$100

Location: Roosevelt H.S., 631 Tuckahoe Rd

On-line Registration: See page 3

### Ballet & Tap

Instructor: Elisa Bonneau

Vaganova (Russian) technique. Classes teach basic ballet technique, music appreciation and vocabulary while building self-esteem. Girls wear any color leotard, footed tights and pink ballet slippers. No ballet skirt. Boys wear white t-shirt, boy's tights, and black ballet shoes. Everyone needs tap shoes.

Age: 5-7 with and without experience

Time: 9:00 - 10:00 am

Dates: 10 Saturdays, starting September 24

Fee: \$75. Non-residents: \$100

Location: Roosevelt H.S. 631 Tuckahoe Rd.

On-line Registration: See page 3

### Voice for Beginners

Instructor: Wendy Mitchell

Singing is a wonderful experience. Enjoy learning the basics of vocal technique and performance. Students receive a solid foundation of producing their own healthy sound and hints about how to confidently share their gifts with others. Our instructor is a classically trained singer who also has experience in musical theatre. Each class is limited to ten students. Supply fee of \$10 cash due at first class for personal CD with accompaniment.

Age / Time: 5 - 8 yrs 9:00 - 9:55 am

9 - 12 yrs 10:00 - 10:55 am

Dates: 10 Saturdays, starting September 24

Fee: \$75. Non-residents: \$100

Location: Roosevelt H.S., 631 Tuckahoe Rd

On-line Registration: See page 3

### Pre-Ballet for Pre-K

Ages: 3 - 5

See page 7 for complete information about this weekday late-afternoon program.

### Voice for Intermediates

Instructor: Wendy Mitchell

For students who have taken the Voice for Beginners class or have other singing experience. Our instructor is a classically trained singer who also has experience in musical theatre. Maximum ten students in this class. Supply fee of \$10 cash due at first class for personal CD with accompaniment.

Age / Time: 8 - 17 yrs 12:00 - 12:55 pm

Dates: 10 Saturdays, starting September 24

Fee: \$75. Non-residents: \$100

Location: Roosevelt H.S., 631 Tuckahoe Rd

On-line Registration: See page 3



## Youth Recreation / Fun & Fitness

### Karate 1 & 2

Instructor: Trent Perri

Self-defense movements for mental, physical & emotional control of the body and mind. Karate II is for children who have taken this class before (all ages). Requirements: Students should wear comfortable clothes and must wear sneakers. A \$10 cash fee at first class is required of Karate II students for yellow belt and belt certificate.

Level / Age / Time

Karate I	8 - 12 yrs	9:00 - 10:00 am
Karate I	5 - 7 yrs	10:00 - 11:00 am
Karate II	See above	11:00 - 12:00 pm

Dates: 10 Saturdays, starting September 24

Fee: \$75. Non-residents: \$100

Location: Roosevelt H.S., 631 Tuckahoe Rd.

On-line Registration: See page 3

### Tennis

Instructors: Sidney Aird

Basic Instruction in forehand, serving, backhand, volleying, scoring, rules, and etiquette.

Requirements: Tennis racquet and sneakers.

Ages/Time:	5- 6 yrs	9:00 - 10:00 am
	10-12 yrs	10:00 - 11:00 am
	7- 9 yrs	11:00 - 12:00 pm

Dates: 10 Saturdays, starting September 24.

Fee: \$75 Non-residents: \$100

Location: Roosevelt H.S., 631 Tuckahoe Rd

On-line Registration: See page 3

### Skateboarding

The Yonkers Skateboard Park is the newest, and perhaps the best in Westchester County. Designed by Grindline and built by industry leaders, it provides cement surfaces for new and experienced skaters. Conveniently located adjacent to the Murray Skating Center at 348 Tuckahoe Road. 2nd Nature skate shop and its instructors join Yonkers Parks & Recreation in offering these new programs.

**Fall Saturday Skateboard Lessons:** Youngsters 5-16 years of age will learn to skateboard in a safe, fun atmosphere. These lessons are mostly geared toward beginning skaters but also offer novice skaters the opportunity to improve their skills. Must bring your own skateboard. Helmets are mandatory and elbow and knee pads are strongly recommended. Learn proper stance, pushing, turning and ollieing (jumping). More advanced tricks such as kick flips will be taught if the skater has progressed enough. Maximum 14 students. If you need to purchase any gear or require more information, please visit [www.2ntr.com](http://www.2ntr.com) or contact Burton Smith at [Burton@2ntr.com](mailto:Burton@2ntr.com)

**6 Lessons:** Saturdays, starting September 17 (no lesson on Yom Kippur, October 8) Time: 9:00 - 10:00 am

Fee: \$120, Non-residents: \$145 You must pre-register beforehand. No on-site registrations accepted.

See Page 3 for Registration Information

### Baton & Cheerleading

Instructor: Margaret Iacopelli

Learn baton twirls and cheerleading movements. Baton II is for children who have taken this class 6 sessions or more. Requirements: A \$40 cash fee at first class is required of new students for their baton, pom pom, medal, and certificate. A \$5 cash fee is required of returning students. This Saturday morning program at Roosevelt H.S. is for ages 5 - 12.

**Update:** Margaret is not able to join us for the fall 2011 session. She will rejoin the program for the Winter/Spring 2012 session that will begin in January and include marching in several Memorial Day parades. Details will appear in the Winter Brochure.

### Zumbatomic® for Kids

Instructor: Angela Hultberg

This popular, high-energy, international dance-fitness class gives youngsters the opportunity to exercise and stay fit while having fun with rhythms from around the world. Give your kids the chance to excel with exercise for their body and their mind via coordination, memorization, counting skills, and physical fitness. Bring a water bottle.

Age/Time: 5 - 8 yrs 9:30 -10:15 am

Dates: 10 Saturdays, starting September 24

Fee: \$75 Non-residents: \$100

Location: Montessori Academy (Mark Twain),  
opposite 119 Woodlawn Ave.

On-line Registration: See page 3



## Youth Recreation & Baby Sitting

### Artistic Corner

#### Art 101

Instructor: Joanne Motto

Students will learn & become familiar with the basic elements of art: line, shape, color, value, texture, and form and will learn to appreciate art that is around them. We will also explore the work of famous artists. Best of all, this class will enhance a students artistic talent and creative expression. Supply fee of \$10 cash is required at first class.

Age/Time: 5-7 yrs 9:00 - 10:00 am  
8-9 yrs 10:00 - 11:00 am  
10-12 yrs 11:00 -12:00 pm

Dates: 10 Saturdays, starting September 24

Fee: \$75. Non-residents: \$100

Location: Roosevelt H.S., 631 Tuckahoe Rd.

On-line Registration: See page 3

#### Crafty Kids

Instructor: Jennifer Nigro

Your child's creative talents explore the wonderful world of arts and crafts. Projects include basket weaving, sand art, seasonal themes, masks and puppet-making. Requirements: Supply fee of \$10 cash is required at first class.

Age/Time: 10-12 yrs 9:00 - 10:00 am  
7-9 yrs 10:00 - 11:00 am  
5-6 yrs 11:00 -12:00 pm

Dates: 10 Saturdays, starting September 24

Fee: \$75. Non-residents: \$100

Location: Roosevelt H.S., 631 Tuckahoe Rd.

On-line Registration: See page 3



### Chess

Instructor: Victor Mairena

Students become familiar with the board, pieces, notation, how the pieces move, opening & defense at all levels. Chess teaches children strategies and how to live by them.

Ages: 5-12

Time: Beginner	9:00 - 10:00 am
Intermediate	10:00 - 11:00 am
Advanced	11:00 -12:00 pm



Dates: 10 Saturdays, starting September 24

Fee: \$75. Non-residents: \$100

Location: Roosevelt H.S., 631 Tuckahoe Rd.

On-line Registration: See page 3

### Baby Sitting Course

#### American Red Cross Certified Baby-Sitting Training

Instructor: Tabitha Alston

One Day Course

Age/Time: 11-15 yrs 9:00 - 4:30 pm

The American Red Cross and Yonkers Department of Parks recognize the importance of being trained to supervise children. Skills such as handling emergencies, giving basic first aid and caring for children will be discussed. A "Course Completion Certificate" is issued to those who pass the course. All students receive a Baby-Sitter's Handbook, CD-ROM, and Emergency Reference Guide. A bagged lunch is permitted. Requirements: Students must be 11-15 years of age at time of registration and MUST pre-register for this course according to the schedule below. Each student must bring a baby doll.

Dates: One Day Course - Saturday

October 1; Must register by September 26

November 5; Must register by October 31

December 3; Must register by November 28

Registration Fee: \$35 for everyone

Additional Fee: \$25 for A.R.C supplies noted above.  
(cash only, to instructor at class)

Location: Yonkers Parks Dept., 285 Nepperhan Ave.

On-line Registration: See page 3

## Teen Recreation

### Acoustic Guitar

Instructor: Chris Santiago

Learn the basics from chords and simple strumming to melodies and reading music. Maximum 10 students per class. Beginners Plus is for students who have taken this class or have other experience. They must be able to read notes. Extra fee for instruction book due at 2nd class.

Age: 13 - 15 yrs

Beginner 11:15 - 12:15 pm

Beginner Plus 12:15 - 1:15 pm

Dates: 10 Saturdays, starting September 24.

Fee: \$75 Non-residents: \$100

Location: Roosevelt H.S., 631 Tuckahoe Rd

On-line Registration: See page 3

### Advanced Youth & Teen Guitar

See page 9

### Voice for Beginners

Instructor: Wendy Mitchell

Singing is a wonderful experience. Enjoy learning the basics of vocal technique and performance. Students receive a solid foundation of producing their own healthy sound and hints about how to confidently share their gifts with others. Our instructor is a classically trained singer who also has experience in musical theatre. Each class is limited to ten students. Supply fee of \$10 cash due at first class for personal CD with accompaniment.

Age / Time: 13- 17 yrs 11:00 - 11:55 pm

Dates: 10 Saturdays, starting September 24

Fee: \$75. Non-residents: \$100

Location: Roosevelt H.S., 631 Tuckahoe Road

On-line Registration: See page 3

### Voice for Intermediates

Instructor: Wendy Mitchell

For students who have taken the Voice for Beginners class or have other singing experience. Our instructor is a classically trained singer who also has experience in musical theatre. Maximum ten students in this class. Supply fee of \$10 cash due at first class for personal CD with accompaniment.

Age / Time: 8-17 yrs 12:00 - 12:55 pm

Dates: 10 Saturdays, starting September 24.

Fee: \$75. Non-residents: \$100

Location: Roosevelt H.S., 631 Tuckahoe Road

On-line Registration: See page 3

### Theatre

Instructor: Chris Arena

The exploration of acting, leaning heavily on mime and physically presenting a character. Have fun and expand your creativity under the guidance of an experienced director. Wear dance or other loose clothing.

Age / Time: 12 -17 yrs 10:00 - 11:00 am

Dates: 10 Saturdays starting September 24

Fee: \$75. Non-residents: \$100

Location: Roosevelt H.S., 631 Tuckahoe Road

On-line Registration: See page 3

### “The Artist in You” Drawing Class

Instructor: Michael Cuomo

**NEW**

This class will cover portraits, still life and abstract illustration. The focus is drawing techniques and methods. Each class will include exercises, demonstrations and personal guidance to help students understand the fundamental laws of drawing.

Age: 15 years of age and older

Requirement: Sketch Pad no smaller than 11 by 14

Dates/Time : 10 classes starting September 21

Wednesdays, 7:00 - 8:30 pm

Supply Fee: \$10 cash required at first class

Registration: \$80 Non-residents: \$105

Location: Coyne Park C.C. 777 McLean Ave.

On-line Registration: See page 3

### Skateboarding

**6 Lessons:** Saturdays, starting

September 17 (no lesson on Yom

Kippur, October 8)

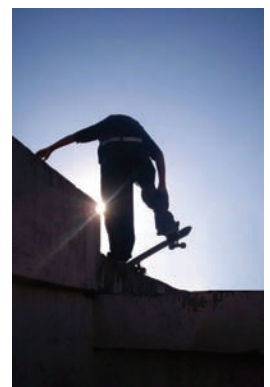
Time: 9:00 - 10:00 am

Fee: \$120, Non-residents: \$145

You must pre-register beforehand.

No on-site registrations accepted.

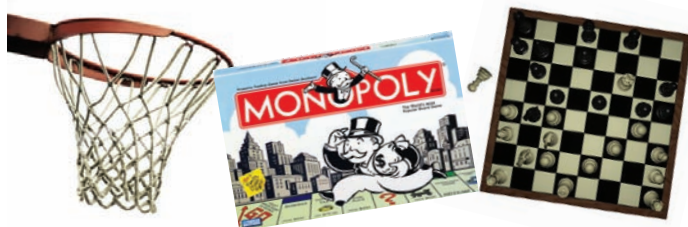
See Page 3 for Registration Information



**See page 11 for complete details.**

## Teen Recreation

### Teen Centers



A free drop-in recreation program for Yonkers residents between the ages of 13-17.

Participants have the opportunity to take part in basketball and board games while socializing in a safe, well staffed environment.

**Ages:** 13-17

**Saturday, Dec. 3, 2011 through Friday, March 30, 2012.**

**Week Nights:** 6:30 pm - 9:30 pm

**Saturdays:** 3:00 pm - 8:00 pm

#### **Mondays**

Dodson School, 105 Avondale Road

Martin Luther King School, 135 Locust Hill Ave.

#### **Tuesdays**

School 13, 195 Mclean Ave.

#### **Wednesday**

School 25, 579 Warburton Ave.

#### **Thursdays**

Enrico Fermi School, 27 Poplar Street

Hostos School, 75 Morris Street

#### **Fridays**

School 13, 195 Mclean Ave. \* Cross hill Academy,  
160 Bolmer Ave. (\*formerly Emerson Middle School)

Enrico Fermi School, 27 Poplar Street

Hostos School, 75 Morris Street

Martin Luther King School, 135 Locust Hill Ave.

#### **Saturdays**

School 13, 195 McLean Ave.

School 25, 579 Warburton Ave

Dodson School, 105 Avondale Road

Enrico Fermi School, 27 Poplar Street

Hostos School, 75 Morris Street

Martin Luther King School, 135 Locust Hill Ave.

### Baby Sitting Course

#### **American Red Cross Certified Baby-Sitting Training**

Instructor: Tabitha Alston

**One Day Course**

**Age/Time:** 11-15 yrs 9:00 - 4:30 pm

The American Red Cross and Yonkers Department of Parks recognize the importance of being trained to supervise children. Skills such as handling emergencies, giving basic first aid and caring for children will be discussed. A "Course Completion Certificate" is issued to those who pass the course. All students receive a Baby-Sitter's Handbook, CD-ROM, and Emergency Reference Guide. A bagged lunch is permitted. Requirements: Students must be 11-15 years of age at time of registration and **MUST** pre-register for this course according to the schedule below. Each student must bring a baby doll.

**Dates:** One Day Course - Saturday

October 1; Must register by September 26

November 5; Must register by October 31

December 3; Must register by November 28

**Registration Fee:** \$35 for everyone

**Additional Fee:** \$25 for A.R.C supplies noted above.

(cash only, to instructor at class)

**Location:** Yonkers Parks Dept., 285 Nepperhan Ave.

**On-line Registration:** See page 3





The City of Yonkers Department of Parks, Recreation and Conservation  
& the Untermeyer Performing Arts Council  
present

# YONKERS IDOL SEARCH 2012



This is free singing competition to win a **\$1,000 Prize**, 2012 Title, Plaque, Photoshoot & Limo Ride  
**The \$1000 Prize for Yonkers Idol & \$1000 Prize for Junior Idol**  
is made possible by the Untermeyer Performing Arts Council, The Theresa Fund.

## Singing Competition

Yonkers Idol: ages 15-19

Junior Idol: ages 10-14

Register ON-LINE at [register.communitypass.net/yonkers](http://register.communitypass.net/yonkers)

Registration starts on Thursday, September 8th at 7 P.M. and ends Wednesday, January 11, 2012.

YOU DO NOT NEED TO REGISTER YOUR SONGS PRIOR TO AUDITIONS.

(You MUST provide your own instrumental music ) Songs should not exceed 3 minutes. Idol contestants need 4 songs prepared for this competition. Junior Idol contestants need 3 songs prepared. Contestants will also need to attend rehearsals three times a week for eight weeks to learn vocals and dance choreography for the three show group numbers. Rehearsal schedule will be available in January. Yonkers residents only.  
**Round 3 /Final Show song selections can not be changed after the 2nd Audition.**

**1st Audition - Round 1:** Saturday, January 21, 2012

Contestants audition 1 song. Nodine Hill Community Center, 140 Fillmore St.

**2nd Audition - Round 2:** Monday January 23, 2012 (call backs only)

Contestants audition 2 songs. 1 ballad (slower song) and 1 Up tempo (faster song)  
Idol contestants will be auditioning these two songs for the final show.

Juniors will audition two songs and the judges will select one of these two song  
for the final show if they move onto the third round.

**2012 Yonkers Idol Show - Round 3:** Saturday, March 24, 2012

Snow date: Saturday, March 31, 2012



\*\* Registration is limited to the first 150 contestants who sign up in each age bracket.

For more information can email us at [yonkersidol@gmail.com](mailto:yonkersidol@gmail.com) or call Sandy Korkatzis weekdays from 9:00 am - 4:00 pm at 377-6444. Junior Idol contestants, please have your parents call on your behalf.  
Friend us on FACEBOOK.

## Adult Recreation / Zumba

### Morning Zumba Fitness®

Instructor: Angela Hultberg  
Enjoy an exhilarating hour of calorie-burning, core-strengthening movements set to Latin and international rhythms. Easy-to-follow steps to music that makes you smile. It's so much fun that you will forget you're working out. It's exercise in disguise! Wear work out clothes and sneakers. Bring water and a towel. Wednesday and Saturday classes are at different locations and also have separate registration fees.

Fee: \$85 Non-residents: \$110

Days & Time: 10 classes, starting September 21

9:30 - 10:30 am on Wednesdays

Location: Nodine Hill C.C., 140 Fillmore Street

On-line Registration: See page 3

Day & Time: 10 classes, starting September 24

Saturdays 10:30 - 11:30 am

Location: Montessori Academy (Mark Twain) auditorium, opposite 119 Woodlawn Avenue

On-line Registration: See page 3

### Zumba Toning®

Instructor: Angela Hultberg  
This new class takes the original Zumba® dance-fitness class to the next level, utilizing an innovative muscle training protocol and the addition of light weight Toning Sticks (1.5 lbs by Zumba Fitness®) or dumbbells. Specially produced music with combined Latin and International rhythms adds to the fun and flavor! Bring water and a towel. Bring your own Zumba Toning Sticks or order sticks from Angela for this unique, challenging, effective fat-burning and body-shaping cardio experience. Angela will call each student before the first class to learn which students would like to purchase Toning Sticks. The cost of these specially designed sticks will be approx \$21 (Cash payment due upon receiving sticks).

Time: 6:00 - 7:00 pm

Dates: 10 classes. Mondays, starting September 19

Fee: \$85. Non-residents: \$110

Location: Nodine Hill Center, 140 Fillmore Street

On-line Registration: See page 3



**Zumba Fitness®** Instructor: Angela Hultberg  
Join in the party-like atmosphere in a fusion of Latin and international music, with a combination of fast and slow dance rhythms, to tone and sculpt the body, strengthen the heart and burn fat. Wear light, comfortable clothing and sneakers with smooth soles or shoes with good support. Bring water and a towel, and ZUMBA toning sticks, if available.

Time: 7:15 - 8:15 pm

Dates: 10 classes. Mondays, starting September 19.

Fee: \$85. Non-residents: \$110

Location: Nodine Hill C.C., 140 Fillmore Street

On-line Registration: See page 3

**Zumba Gold®** Instructor: Angela Hultberg  
Zumba Gold® is designed for special adult groups who wish to benefit from and enjoy the Zumba Dance-Fitness format. Designated as a safe-paced and effective workout for adults 55 and over, plus "unmotivated adults" 18 and over, and adults recuperating from injuries or surgery. Join in the party-like atmosphere in a fusion of Latin and international music, with a combination of fast and slow dance rhythms, to tone and sculpt the body, strengthen the heart and burn fat. Wear light, comfortable clothing and sneakers with smooth soles or shoes with good support. Bring water and a towel.

Time: 10:45 - 11:30 am

Dates: 10 classes. Wednesdays, starting September 21

Fee: \$85. Non-residents: \$110

Location: Nodine Hill Center, 140 Fillmore Street

On-line Registration: See page 3



## Adult Recreation / Zumba

### Slimmersize with a touch of ZUMBA®

Instructor: Lydia Otero

Slimnastics with a twist. More cardiovascular movement and all your traditional exercises - squats, lunges, sit-ups, etc. A progressive class that gradually increases. Resistance bands will be provided. Requirements: Bring a mat or towel and 2-5 lb weights.

Day & Time: 10 classes, starting September 22

Thursdays, 6:30 - 7:30 pm

Fee: \$85. Non-residents: \$110

Location: Coyne Park C.C. 777 McLean Ave.

On-line Registration: See page 3



### Slimnastics with a touch of ZUMBA®

Instructor: Lydia Otero

Exercise every part of your body, including the problem spots. Slowly and gradually work up to your fullest potential. Rubber bands provided for weight resistance. Requirements: Bring a mat or towel and 2-5 lb weights. Monday and Saturday classes have separate registration fees.

Time: Mondays 6:45 - 8:15 pm or / and

Saturdays 9:30 - 10:30 am

Dates: 10 classes:

Saturdays, starting on September 24

Mondays, starting on September 19

Fee: \$85. Non-residents: \$110

Location: Cola Center 945 North Broadway

On-line Registration: See page 3



### Light(.22 Caliber) Rifle Shooting for Women see page 41

## Boot Camp Fitness

### Boot Camp Fitness

Instructor: Marcus Hodge

Are you FINALLY ready to tone, firm, strengthen and get rid of that pesky fat and lose a few extra pounds...

A great workout as well as important nutritional tips to help maintain a healthier diet. See amazing results and see how much more energy you'll have throughout the day. Class is recommended to anyone who is serious about getting in shape and leading a healthier lifestyle. To check out testimonials and before and after pictures, be sure to visit <http://mthfitness.com/testimonials.html>



What to Expect?

- A fun and challenging Workout
- Faster Metabolism to Burn MORE fat at rest
- Reduce your midsection by 1-3 inches
- Increased Muscle Tone and Flexibility
- Look and Feel Younger with more energy
- Look and Feel Better in your favorite clothes
- Reduce your cravings for fats, sugars and junk food

What to Bring?

- Water
- Exercise Mat
- A Pair of Dumbbells  
(you should be able to lift the weight comfortably for 10 - 15 repetitions)
- A Towel (optional)
- Tons of ENERGY!

6 week Sessions, Class meets twice a week

Select one Evening Class Time

Tuesday and Thursday, starting September 20  
7:15 - 8:15 pm OR 8:05 - 8:50pm

Morning Class Time

Tuesday and Thursday, starting September 20  
8:30 - 9:15 am

**NEW**

Note: Morning and Evening classes have separate registration fees.

Fee: \$95. Non-residents: \$120

Location: Nodine Hill Center, 140 Fillmore Street

On-line Registration: See page 3



## Adult Recreation / Dance & Fitness

### Ballroom & Latin Dance

Instructor: Evangelina Rivera

Learn how to "Dance Like the Stars!" A fun, introductory course that will teach you the basics of the Tango, Waltz, Swing, Cha-Cha, Merengue, and Hustle! No partner necessary. Requirements: Wear comfortable attire and shoes with smooth soles.

Time: 8:30 - 9:30 pm

Dates: 10 classes, Mondays

We start on September 19.

Fee: \$85. Non-residents: \$110

Location: Roosevelt H.S., 631 Tuckahoe Road

On-line Registration: See page 3



### Salsa

Instructor: Angelina Rivera

The hottest social dance, Salsa "on 2" NY Style. This course focuses on timing, footwork, partnering, and doing those turns the "right" way in a fun, supportive environment. No partner necessary. Requirements: Loose clothing and dance sneakers or comfortable shoes with smooth soles.

Dates: 10 classes, Mondays

We start on September 19.

Intermediate 6:30 - 7:30 pm

Beginner 7:30 - 8:30 pm

Fee: \$85. Non-residents: \$110

Location: Roosevelt H.S., 631 Tuckahoe Road

On-line Registration: See page 3

### Belly Dance

Instructor: Sadari Neville

This ten-week class is multi-level and multi-dimensional. There is something for everyone... for beginners and for people with belly dance experience. A short choreography will be covered: Beginners will learn the basic version and those with more experience will add some layers to it. Belly Dance inspires mystery and puts women in direct contact with their forgotten feminine selves, fosters empowerment, improves cardiovascular health, and strengthens and tones the body. All ages (min 18) welcome.

Time: 7:00 - 8:00 pm

Dates: 10 classes, Thursdays, starting September 22

Fee: \$85. Non-residents: \$110

Location: Cola Center, 945 North Broadway

On-line Registration: See page 3

### 40/ 40 Dance Combo

Instructor: Diane Capurso

Move, groove, dance to the beat and feel the "heat"! Some lite kickboxing and weights will be used in the first 40 minutes. Zumba Gold® follows with more movin' and grooving' but this time with Latin and international rhythms and dance steps (cha-cha, salsa, Merengue, mambo and more.) This cardio-dance fusion will be easy-to-follow. Set your own pace! Zumba Gold® is geared for the active older adult and those returning to exercise.

Time: 7:15 - 8:35 pm

Dates: 10 classes, Wednesdays, starting September 21

Fee: \$85. Non-residents: \$110

Location: Cola Center, 945 North Broadway

On-line Registration: See page 3

### Dance Exercise

Instructors: Diane Capurso

Dance and exercise at the same time! This class will have you movin' and groovin' to various styles of dance and even incorporates light body boxing and weight control using aerobic exercise and creative dance movements. Requirements: Bring a mat or towel and 2-5 lb weights.

Time: 5:45 - 7:00 pm

Dates: 10 classes, Wednesdays, starting September 21

Fee: \$85. Non-residents: \$110

Location: Cola Center, 945 North Broadway

On-line Registration: See page 3

## Adult Recreation / Dance & Fitness

### Morning W.O.N.D.E.R with a touch of Zumba Gold

Instructor: Diane Capurso

Women of New Dance Energy & Rhythm class wakes you up by bringing exercise into your morning through dance. A fun class with easy-to-follow steps and invigorating music. Requirements: Bring a volleyball-size ball, and optional 1-5 lb weights.

Time: 9:00 - 10:00 am

Dates: 10 classes. Fridays, starting September 23

Fee: \$85. Non-Residents: \$110

Location: Cola Center, 945 North Broadway

On-line Registration: See page 3

### Pilates

Instructor: Ruby Jin

Traditional Pilates techniques recreated in simple and fun ways. This workout helps to strengthen core muscles, sculpt the body, increase flexibility, reduce stress, and improve energy levels using controlled movements. Bring an exercise mat. The Intermediate Class is NEW and gives students the opportunity to reach a new level of Pilates benefits.

Level / Day / Time:

Beginners Wednesday 7:00 - 8:00 pm

Intermediates Wednesday 8:15 - 9:15 pm

10 classes starting September 21

Fee: \$85 Non-Residents: \$110

Location: Nodine Hill C.C., 140 Fillmore Street

On-line Registration: See page 3

### Line Dancing

Instructor: Lucy Moschetta

Dances taught step by step. Learn the popular dances such as Dizzy, Jose Cuevo, Cypress Groove, Crazy Foot Mambo, as well as the classics. Beginner Plus class is for students who have already taken the Beginner Class or have other line dancing experience. Requirements: Wear comfortable clothes and either sneakers or shoes with rubber soles.

**Update:** Lucy is not able to join us for the Fall 2011 session. She will rejoin the program for the Winter/Spring 2012 session that will begin in mid/late January. Details will appear in the Winter/Spring brochure.

## Adult Recreation / Yoga

### Kripalu Yoga

Instructor: Brigitte Bedell

Learn yoga postures that will improve your flexibility, strength and self-awareness. Classes also include breathing exercises and warm-ups, and are designed to incorporate and work all levels of the body gently, yet deeply. Requirements: Bring a mat or towel and wear loose clothing.

Level / Time: Advanced 6:30 - 8:00 pm

Beginner 8:15 - 9:45 pm

Dates: 10 classes. Tuesdays, starting September 20

Fee: \$85. Non-Residents: \$110

Location: Cola Center, 945 North Broadway

On-line Registration: See page 3

### Pre-Natal Yoga

Instructor: Violaine Herlitz

Take a break to relax and renew with your baby to be. You will learn strengthening, stretching and toning postures with gentle movements as well as helpful breathing techniques. The session will help relieve many of the normal symptoms associated with pregnancy, increasing body fluid circulation and help maintain proper spinal alignment. No need to have taken yoga before. Any stage of pregnancy welcome. Please bring two blankets or towels and a yoga mat for maximum comfort.

Time: 5:30 pm-6:30 pm

Dates: 10 classes. Mondays, starting September 19

Fee: \$85. Non-Residents: \$110

Location: Cola Center 945 North Broadway

On-line Registration: See page 3



## Adult Recreation / Sports & Fitness



### Tennis

Instructor: Sidney Aird

Beginners will learn forehand and backhand, strokes, serving, volleying, rules, and tennis etiquette. Intermediates learn court strategies and ground strokes.

Requirements: Wear sneakers and bring your racquet.

Level / Time: Beginner 7:15 - 8:30 pm

Intermediate 8:30 - 9:45 pm

Dates: 10 classes. Wednesdays, starting September 21

Fee: \$85. Non-Residents: \$110

Location: Cross Hill Academy,  
formally known as Emerson Middle School,  
Use rear entrance driveway,  
off western end of Odell Ave.

On-line Registration: See page 3

### Adult Open Gym Basketball

December 5, 2011 through March 29, 2012

The Yonkers Department of Parks, Registration & Conservation, offers a drop in open gym basketball program for Yonkers residents 18 years of age and older every Monday at Montessori Academy located at 160 Woodlawn Avenue, and Wednesday & Thursday at Yonkers Middle/High School located at 150 Rockland Avenue, from 6:30 - 9:30 pm. Call 377-6443 for further details.

### Adult Non-Competitive Basketball League

December 6, 2011 through March 28, 2011

Teams consisting of Yonkers residents can play organized games in one of two leagues offered at Yonkers High School on Tuesday or Gorton High School on Wednesday. There are no awards in this league as all teams play for enjoyment and exercise aspects only. Games are played at 7:00 pm & 8:15 pm. A nominal fee is required for each team. For further information or to request a roster and rules, please call 377-6443.

## Adult Recreation / Music & Art

### Acoustic Guitar

Instructor: Chris Santiago

An introduction to acoustic guitar for beginners (no experience) and for players with limited experience. Learn to read and play basic notation, melodies, rhythm, and chords. Students must provide their own acoustic guitars. Maximum 10 students. Extra cash fee due at second class for instruction book.

Time: 8:05 - 9:05 pm

Dates: 10 classes, Mondays

We start on September 19

Fee: \$85 Non-residents: \$110

Location: Roosevelt H.S. music room,  
631 Tuckahoe Rd

On-line Registration: See page 3



### Voice for Beginners

Instructor: Wendy Mitchell

Singing is a wonderful experience. Enjoy learning the basics of vocal technique and performance. Students receive a solid foundation of producing their own healthy sound and hints about how to confidently share their gifts with others. Our instructor is a classically trained singer who also has experience in musical theatre. Each class is limited to ten students. Supply fee of \$10 cash due at first class for personal CD with accompaniment.

Time: 7:00 - 8:00 pm

Dates: 10 classes. Thursdays, starting September 22.

Fee: \$85. Non-residents: \$110

Location: Roosevelt H.S., 631 Tuckahoe Rd

On-line Registration: See page 3



## Adult Recreation / Art & Language

### **"The Artist in You" Drawing Class**

Instructor: Michael Cuomo

This class will cover portraits, still life and abstract illustration. The focus is drawing techniques & methods. Each class will include exercises, demonstrations and personal guidance to help students understand the fundamental laws of drawing. Requirement: Sketch Pad no smaller than 11 by 14. Ages 15 through adults.

Dates/Time : 10 classes starting September 21  
Wednesdays, 7:00 - 8:30 pm

Supply Fee: \$10 cash at first class

Registration: \$80, Non-residents \$105

Location: Coyne Park Center, 777 Mclean Ave.

On-line Registration: See page 3



### **Watercolor Painting**

Instructor: Jean Liggio

Beginner and advance students alike will profit from this technique of water color painting. Students will be guided through each phase of creating a finished artwork. Subjects will include florals, still lifes, and landscapes. Jean Liggio's works have appeared in numerous exhibits throughout Westchester and Putnam Counties, as well as New York City. She is listed in the Marquis "Who's Who of American Women" A supply list will be provided prior to the first class.

10 classes starting September 21

Time & Day: Wednesdays, 7:00 - 9:00 pm

Fee: \$85 Non-residents: \$110

Location: Roosevelt H.S. 631 Tuckahoe Road

On-line Registration: See page 3

### **Italian Conversation & Grammar**

Instructor: Frank Rakas

Brush-up on your conversation and grammar. Expand your knowledge of Italian culture and be able to converse while traveling in Italy. Class is taught in a fun, interactive way. Beginners and intermediate students welcome. Presented in association with the Salerno Club of the State of New York.

2 Classes Beginners Plus Tuesdays Starting Sept. 20  
Beginners Wednesdays Starting Sept. 21

Note: It is highly advisable that students registering for the Plus class have prior exposure to spoken Italian.

Dates/Time: 10 classes.

6:15 - 7:45 pm

Fee: \$85 Non-residents: \$110

Location: Roosevelt H.S., 631 Tuckahoe Road

On-line Registration: See page 3

### **Oil Painting**

Instructor: Marie Murray

This class is for beginners and for those people who have painted before and would like to renew their love for painting with oil paints. Learn the fundamentals, color mixing, how to mix your palette and how to choose the correct brushes for your painting project. Beginners start out using canvas board for a few exercises and then work on stretched canvas. Students are responsible for purchasing their own supplies. Supply list provided soon after registration. Monday and Tuesday classes each have a separate registration fee. Students are welcome to register for both classes, space permitting.

Dates/ Time: 10 classes. Mondays, 7:00 -9:00 pm  
Starting September 19 or

Dates/ Time: 10 classes. Tuesdays, 7:00 - 9:00 pm  
Starting September 20

Fee: \$85. Non-residents: \$110

Location: Roosevelt H.S., 631 Tuckahoe Road

On-line Registration: See page 3



## Cooking Workshops for Adults and Children

### Instructor: Chef Kavon Langley

Let award-winning chef Kavon William Langley help you prepare new and exciting items for your family and friends. A graduate of Johnson & Wales University and an experienced instructor, he is currently Chef at Fireside Restaurant at the Omni Berkshire Hotel in Manhattan and Executive Chef and owner of Gourmet Bliss Catering in Yonkers. He previously worked in the kitchens of Park Avenue Café, Bouley, Spice Market, and Marriot Hotels & Resorts.

These are exciting, hands-on, two-hour workshops on the latest trends and techniques using fresh ingredients from farm to table. Students learn new techniques in healthy cooking. Chef Kavon provides EVERYTHING, from ingredients to aprons. Maximum 14 students in each workshop.

### Turkey Delights for Mother & Daughter

Thursday, November 10, 7:00 - 9:15 pm,

Thanksgiving will soon be here. Explore the fried turkey phenomenon and exciting new ways to use that holiday bird. For moms and daughters, minimum 8 years of age.

Register no later than Monday, November 7 at 12 noon.



### Fun Delights with Santa!

Thursday, December 8, 7:00 - 9:00 pm

Create healthy snacks, hors d'oeuvres and holiday treats.  
For parents alone or with children, minimum 8 years of age.  
Register no later than Monday, December 5 at 12 noon.



Each workshop has a separate registration fee. Please note the registration deadlines.  
Fee for each workshop: \$35 registration fee, plus \$15 (cash only) food and materials fee to instructor.

Location: Bronx River Road Community Center, 680 Bronx River Road,  
adjacent to Scotti Park and directly opposite Reyer Avenue.

## Dog Obedience

### Dog Obedience - Beginning

Instructor: Loren Manzell

This results-oriented class covers commands such as: heel, let's go, sit, down, stay, come, dog's name, praise, and more. Owners are responsible for cleaning up after their dogs. Program is for dogs 4 months and older. Requirements: Please bring to the first class: copies of up-to-date health records, plastic bags for clean up, leash, collar, doggy treats, and don't forget your dog! Please note that each six-week session has a separate registration fee.

Age / Time: 14 through Adults 6:45 - 7:45 pm  
Session 1 dates: Six Tuesdays, starting September 20  
Session 2 dates: Six Tuesdays, starting November 15  
(The schedule for Session 2 may include one Thursday)

Online Registration: Begins September 8 at 7:00 pm  
Fee: \$150, Non-Residents: \$200  
Location: Bronx River Road C.C., 680 Bronx River Road,  
opposite Reyer Avenue



### Dog Obedience - Advanced

Instructor: Loren Manzell

An exceptional, results-oriented obedience training program that also gives your dog a great physical workout. Make it a family affair by adding another family member (minimum 10 years of age and living in the same dwelling) with you and your dog. Program consists of one safety evaluation meeting (mandatory) followed by six intense obedience classes where you walk yourself to fitness. A ten minute break is provided for watering you and your dog. Requirements: Prior obedience experience and copies of up-to-date health records for all dogs. Also: Call Loren on 963-7190 NOW to participate in Safety Evaluation Meeting on September 13. Students registering for Session 2 should call prior to their Thursday, November 10 Evaluation meeting.

Age : A class for adults who can be joined by younger family members. See below.

Time: 8:00 - 8:45 pm

Session 1 dates: Six Tuesdays, starting September 20

Session 2 dates: Six Tuesdays starting November 15 (The schedule for Session 2 may include one Thursday)

Online Registration: Begins September 8 at 7:00 pm

Fee: \$150, Non-Residents: \$200

Location: Bronx River Road C.C., 680 Bronx River Road

Above fees for Advanced Obedience Class are for 1 dog and 1 handler. Add \$10 for each additional family member (minimum 10 years of age and living in the same dwelling as dog). Add \$10 for each additional dog. Pre-registration is required. No walk-ins.



## Senior Citizen Recreation

Retired? Tired of being home? Come out to our Senior Centers! Make friends, socialize and have a great time all year round. Senior Center members enjoy luncheons, trips, card playing, bingo, parties, billiards and much more.

There are 3 componets to the Senior Recreaton Program:

**Senior Centers • Specialist programs • Seasonal Events**

- The Yonkers **Senior Centers** are located throughout the city. Senior Citizen Recreation is free for all Yonkers residents 60 yrs& older. Each Senior Center is completely different. When visiting a senior center ask to see the leader. The leader will show you around and introduce you to other members. They can go into detail on the different senior center activities.
- The **Specialist programs** is a free 25 class program. Each class runs for 10 weeks in the Fall, starting in October and 15 weeks in the Winter/ Spring months starting in February. This program is open to residents sixty years of age and older. No registration is required - simply drop in and take a class.
- The Parks Department hosts Free **Seasonal Events** throughout the year to bring all the Senior Centers together. This is also a great way to meet new friends throughout the city. Some of our seasonal events include: Senior Halloween Hop (usually the last week in October), Senior Spring Dance (usually the first week in April), Senior Picnic (usually in June), Senior Golden Olympics (usually in August).

For more info on our senior programs, classes and events call Sandy Korkatzis, Recreation Supervisor Monday through Friday from 9 am - 4 pm at 377-6444.

Upcoming Senior City-Wide Events:

### **Halloween Hop**

Thursday, October 27 from 11:30 am to 3:30 pm at the Polish Center  
Free admission, oldies music and door prizes.

For Senior Centers, see page 25

For Senior Fall Specialist Classes, see page 26

For Bingo locations, see page 27

For Senior Swimming Programs, see page 33

## Senior Citizen Recreation Centers

### GROUP #2

#### Grinton I. Will Library

Senator Flynn Room

1500 Central Pk. Ave.

Phone: 337-1500 press 1 then 348

Monday-Friday 12:30 - 4:30 pm

This site is in a small room which allows for a coffee hour, card playing and bingo.

### GROUP #3

#### Coyne Park Community Center

777 Mclean Ave.

Phone: 377-6472

Monday-Friday 12:00 - 4:00 pm

This is a multi-room site which allows for many different activities: billiards, bingo, sing-along, sewing and crafts, card playing, movies, exercise, yoga, line dancing, shuffleboard, bocce, intergenerational program and a coffee hour. This center does have a trip committee as well as many parties.

### GROUP #4

#### Charles Cola Community Center

945 No. Broadway

Phone: 377-6483

Mon., Wed., & Fri.,

12:30 - 4:30 pm

This site offers arts and crafts, bridge, cardplaying, drawing, woodcarving and many parties.

### GROUP #5

#### Rauso Post

178 Waverly St.

Phone: 377-6474

Tuesdays 11:00 am - 3:00 pm

This site has bingo and card playing as well as many inhouse parties.

### GROUP #6

#### Bryn Mawr Church Hall

20 Buckingham Rd.

Phone: 377-6478

Mon. 12:30 - 4:30 pm

Wed. 12:00 - 4:30 pm

This site has bingo and cardplaying, yoga and many inhouse parties.

### GROUP #7

#### St. Mark's Church Hall

1373 Nepperhan Ave.

Phone: 377-6479

Tuesday & Friday

11:30 - 4:30 pm

This site has bingo, cardplaying, watercolor painting classes and many inhouse parties.

### GROUP #8

#### Runyon Community House

21 Runyon Ave.

Phone: 969-2733

Wednesdays 10:30 am - 4:30 pm

This site plays cards, tripoly, yoga and great parties.

### GROUP #9

#### Terrace City Lodge #1499

95 North Broadway

Phone: 969-9752

Wednesdays 11 am to 3 pm

This site has bingo and lunch.

### GROUP #10

#### Bronx River Rd Community Center

680 Bronx River Rd.

Phone: 377-6486 Monday-Friday

10-12 pm lunch program through

Office for the Aging 377-6822

Recreation 11:00 am - 3:00 pm

This site offers bingo, card playing, arts and crafts and parties.

### GROUP #12

#### Nodine Community Center

140 Fillmore St.

Phone: 377-6475

Monday through Friday

12:00 - 4:00 pm

This is a multiroom site which allows for many different activities: billiards, bingo, card playing, exercise, yoga, linedancing, bocce, computer classes and a coffee hour.

### GROUP #13

#### St. Casimir Apts. Community Room

289 Nepperhan Ave.

Phone: 377-6485

Monday 10:00 am - 2:00 pm

This site has bingo and exercise.

### GROUP #14

#### North East Jewish Center Hall

11 Salisbury Rd.

Phone: 377-6491

Tuesday & Thursday

12:30 - 4:30 pm

This site plays majhon and has great monthly meetings. They also enjoy going to luncheons.

### GROUP #15

#### Nepperhan Community Center

342 Warburton Ave.

Phone: 965-0203

Tues. & Thurs. 12:30 - 4:30 pm

This site plays pokeno and tripoly, has exercise and crafts.

lunch program through

Office for the Aging 377-6822

### GROUP #16

#### Our Lady of Fatima Church Hall

963 Scarsdale Rd. 377-6492

Mon. & Tues. 12:00 - 4:00 pm

This site is in a small room which allows for a coffee hour, card playing and bingo.

## Senior Citizen Recreation

# Lets Get Fit!

## Free Senior Citizen Fitness Classes

### 2011 Fall & 2012 Spring Schedule

These free classes are available for Yonkers residents 60 years of age and older. Registration is not required; The Fall program will run for 10 classes and Spring program will run for 15 classes, with the exception of a few classes that are offered all year round. For more information on Senior programs call Recreation Supervisor, Sandy Korkatzis Monday - Friday from 9:00 am to 4:00 pm at 377-6444.

**Class Cancellations:** Classes are not held on Federal Holidays. In case of inclement weather call hotline number at 377-6454. Our departmental message on the hotline will only be re-recorded an hour prior to the scheduled class time and only if its announcing a cancelation.

### MONDAYS

#### **Chair Exercise**

10:00 - 11:00 am

St. Casimir / Center 13  
289 Nepperhan Ave.

Fall classes start 10/3  
Spring classes start 2/6

#### **Chair Yoga**

10:30 - 11:30 am

BrynMawr / Center 6  
20 Buckingham Rd.

Fall classes start 10/3  
Spring classes start 2/6

#### **Silver Stars Exercise & Walking Program** (See seperate Flyer)

### TUESDAYS

#### **Exercise**

1:00 - 2:00 pm

Nepperhan / Center 15  
342 Warburton Ave

Fall classes start 10/4  
Spring classes start 2/7

### WEDNESDAYS

#### **Yoga**

11:30 am - 12:30 pm

Runyon / Center 8  
21 Runyon Ave.

Fall classes start 10/5  
Spring classes start 1/4

#### **Tai Chi**

11:40 am - 12:40 pm

Nodine Hill / Center 12  
140 Fillmore St.

Fall classes start 10/5  
Spring classes start 2/1

#### **Chair Exercise**

12:30 - 1:30 pm

Coyne Park / Center 3  
777 Mclean Ave.

Fall classes start 10/5  
Spring classes start 2/1



### THURSDAYS

#### **Yoga**

(In the chair)

10:30 - 11:30 am

Coyne Park / Center 3  
777 Mclean Ave  
All year round

#### **Yoga**

(combo class)

#### **In Chair & On Floor**

1:30 - 2:45 pm

Nodine Hill / Center 12  
140 Fillmore St.

Fall classes start 10/6  
Spring classes start 1/5



### FRIDAYS

#### **Chair Exercise**

12:30 - 1:30 pm

Coyne Park / Center 3  
777 Mclean Ave.

Fall classes start 10/7  
Spring classes start 2/3

#### **Arthritis Exercise**

1:00 - 2:00 pm

Scotti / Center 10  
680 Bronx River Rd  
Fall classes start 10/7  
Spring classes start 2/3





## Senior Citizen Recreation / Bingo Locations

# BINGO

Bingo is open to Yonkers Residents sixty years of age and older.

\* Sites with a star may play at an alternate time the first week of the month due to senior center monthly meetings.



### Monday

- \* Senior Center 16, Our Lady of Fatima Church Hall, 963 Scarsdale Road 12:00 pm 377-6492
- \* Senior Center 10, James P. Scotti Center, 680 Bronx River Road 12:00 pm 377-6486
- \* Senior Center 3, Coyne Park Community Center, 777 Mclean Avenue 12:15 pm 377-6472
- \* Senior Center 2, Will Library Senator Flynn Room, 1500 Central Pk Ave. 12:15 pm 337-1500
- Senior Center 13, St. Casimir Apts, 289 Nepperhan Ave. 1:00 pm (2nd & 4th Mons) 377-6485

### Tuesday

- \* Senior Center 7, St. Mark's Episcopal Church Hall, 1373 Nepperhan Avenue 1:00 pm 377-6479
- \* Senior Center 5, Rauso Post, 92 Waverly Street 377-6474

### Wednesday

- \* Senior Center 9, Terrace City Lodge #1499, 95 North Broadway 11:00 am 969-9752
- Senior Center 12, Nodine Center, 140 Fillmore Street - 12:00 pm Hotdogs, 1:00 pm Bingo 377-6475
- Senior Center 6, BrynMawr Church Hall, 20 Buckingham Road 12:00 pm 377-6478

### Thursday

Senior Center 3, Coyne Park Community Center, 777 Mclean Avenue 12:15 pm 377-6472  
[once a month usually the 3rd Thursday of the Month is the Big Bingo Bonanza.]

### Friday

Senior Center 2, Will Library Senator Flynn Room, 1500 Central Park Ave. 12:15 pm  
To call this senior center dial 337-1500 press #1 then extension 348.

## Senior Citizen Recreation

# "Artist In You" Classes

## 2011 Fall & 2012 Spring Classes

Free classes for Yonkers residents 60 years of age and older. No registration is required; Fall program will run for 10 classes. Spring program will run for 15 classes. In case of inclement weather call Hotline number at 377-6454. For more information on Senior programs call Recreation Supervisor, Sandy Korkatzis Monday - Friday from 9:00 am - 4:00 pm at 377-6444. Classes are not held on Federal Holidays.



### Drawing & Sketching Class

Instructor: Michael Cuomo

This class will cover portraits, still life and abstract illustration. The focus is drawing techniques & methods. Each class will include exercises, demonstrations and personal guidance to help students understand the fundamental laws of drawing. A few supplies will be needed. A drawing pad will be needed. The instructor will provide the rest.

### Watercolor Painting

Instructor: Jean Liggi

Beginner and advanced students alike will profit from this technique of water color painting. Students will be guided through each phase of creating a finished artwork. Subjects will include florals, still lifes, and landscapes.



### Water Color Painting

Tuesdays Noon to 2 pm

Nodine Hill Community Center

Senior Center 12

140 Fillmore St.

Fall classes start 10/4

Spring classes start 2/7

### Sketching & Drawing

Wednesdays 1:00 - 3:00 pm

Charles Cola Community Center

Senior Center 4

945 North Broadway

Fall classes start 10/5

Spring classes start 2/1

### Sketching & Drawing

Thursdays 11:00 am - 1:00 pm

Nodine Hill Community Center

Senior Center 12

140 Fillmore St.

Fall classes start 10/6

Spring classes start 2/2

### Water Color Painting

Fridays Noon - 2 pm

St. Marks Episcopal Church Hall

Senior Center 7

1373 Nepperhan Avenue

Fall classes start 10/7

Spring classes start 2/3

## Senior Citizen Recreation

# Lets Dance!

## Free Senior Citizen Dance Classes

### 2011 Fall & 2012 Spring Classes

Free classes for Yonkers residents 60 years of age and older. No registration is required; Fall & Spring programs will run for 10 classes each session. In case of inclement weather call hotline number at 377-6454. For more information on Senior programs call Recreation Supervisor, Sandy Korkatzis Monday - Friday from 9 am to 4 pm at 377-6444. Classes are not held on Federal Holidays.



#### Line Dancing

Beginner / Intermediate

Wednesdays 2:30 -3:30 pm

Senior Center 3

Coyne Park Community Center, 777 Mclean Avenue

Fall Classes start October 5, 2011

Spring Classes start March 7, 2012

#### Line Dancing

Intermediate /Advanced

Fridays 12:45 - 2:15 pm

Senior Center 12

Nodine Hill Community Center, 140 Fillmore St.

Fall classes start October 7, 2011

Spring classes start March 2, 2012

**NEW**

#### Intro to Ballroom

All levels are welcome

Tuesdays Noon to 2:00 pm

Senior Center 3

Coyne Park Community Center, 777 McLean Avenue

Fall classes start October 4, 2011

Spring classes start February 7, 2012





## Senior Citizen Recreation

# Silver Stars Walking Program

## SENIOR CITIZEN OUTDOOR RECREATION

A free program for Yonkers residents 60 years of age and older. Meet up with us to exercise and walk at your own pace. Learn some simple stretches and explore the beauty of walking outdoors. Don't miss the fun - join anytime!



### Day & Time

Mondays 11:15 am - 12:15 pm

### Location

Tibbett's Brook Park, Midland Avenue  
Meet in Side Gazebo (left of the bathhouse).

### Parking

Free parking is available in the lot.  
Westchester County Park Pass is **not** needed.

### LOOKS LIKE RAIN?

Always call the **hotline number** 377-6454 at 10:30 am to see if the walk is cancelled.

If the walk is **not** cancelled the recording will continue to announce the Yonkers Parks, Recreation and Conservation's office location and normal business hours.



## 2011 Fall & 2012 Spring Program

**Fall Session** starts on Monday, September 12, 2011

Fall walking dates: Sept. 12, Sept. 19, Sept. 26, Oct. 3, Oct. 17, Oct. 24, Oct. 31  
(No session on Columbus Day 10/10/11) Nov. 7, Nov. 14, Nov. 21

**Spring Session** starts on Monday, April 16, 2012

Spring walking dates: April 16, April 23, April 30, May 7, May 14, May 21  
(No session on Memorial Day 5/28/12) June 4, June 11, June 18, June 25

**For more information on the Silver Stars Walking Program and other senior programs call Recreation Supervisor, Sandy Korkatzis weekdays from 9:00 am - 4:00 pm at 377-6444.**



The City of Yonkers, Mayor Philip A. Amicone  
Department of Parks, Recreation and Conservation  
Yonkers Senior Centers  
East Yonkers Rotary Club & Beyond Costumes Inc.  
present the



## 2011 SENIOR CITIZEN

# HALLOWEEN HOP

A FREE PARTY FOR YONKERS RESIDENTS 60 YEARS AND OLDER.  
RESERVATIONS ARE NOT REQUIRED. COSTUMES ARE OPTIONAL.

**Thursday, October 27, 2011**

The Polish Center, 92 Waverly Street  
11:30 am to 3:30 pm

Free Admission

DOOR PRIZE TICKETS WILL BE GIVEN OUT  
ONLY BETWEEN 11:30 am - 12 noon

Door Prizes



Oldies Music

Line Dances

Ballroom Dance

Refreshments



Fun Contests



**Talent Competition:** Each Senior Center will perform sing-along or comedy skits.  
**Costume Awards:** Most Original, Most Comical, Most Dramatic & Scariest  
**Costume Raffle:** The Halloween Hop welcomes and encourages costumes of all sorts.  
There will be a special raffle for all who dress up.

For more information on senior citizen recreation, centers, events and free programs  
call Sandy Korkatzis at the Yonkers Dept. of Parks weekdays from 9:00 am - 4:00 pm  
at 377-6444.

## Project Friendship

Project Friendship: is a group oriented program for persons and adults with developmental disabilities. Please note all participants need to be interviewed by Recreation Supervisor. We do not offer 1:1 services for participants of the program.

If your child needs additional support you are required to attend and interact with them.

All participants must be toilet trained. Please call Tara Conte-Giglio at 914-377-6437 with any questions.

**Art Therapy:** Participants learn about self expression and creative arts during the fun-filled hour. Activities include: painting, crafts and sculpting.

**Location:** Coyne Park CC, 777 McLean Ave.

**Day:** Program meets twice a month on Saturdays.

**Age/Time:** Children/Pre-teens: 2 pm - 3 pm

**Bowling:** Our bowling league provides staffing for supervision and assistance with score keeping. Bumpers are available.

**Location:** Paradise Lanes, 790 Yonkers Ave.

**Age/Time:** Children/Pre-teens Thursdays 4:30 - 6 pm

**Age/Time:** Adults Fridays 3:30 - 5:30 pm

**Dance Therapy:** This fabulous program promotes self-esteem, morale and worth for all who attend. This motivational will benefit all than attend.

**Location:** Coyne Park CC, 777 McLean Ave.

**Day:** Program meets twice a month on Fridays.

**Age/Time:** Children & Pre-teens 7 pm - 8 pm

**Fun & Fitness:** Participants will exercise and do a music and movement class all within an exciting hour.

**Age/Time:** Children & Pre-teens 3 pm - 4 pm

**Location:** Coyne Park CC, 777 McLean Ave.

**Day:** Program meets twice a month on Saturdays.

**Hero Tennis:** This program is designed to promote a participant's coordination and agility skills.

**Location:** Mark Twain Gym, 160 Woodlawn Ave.

**Day:** Program meets weekly on Saturdays.

**Age/Time:** All Ages 11 am - 12 pm

**Music Therapy:** Participants will use music to explore and improve, physical, psychological, cognitive and social functioning.

**Location:** Coyne Park CC, 777 McLean Ave.

**Day:** Program meets twice a month every other Saturday.

**Age/Time:** Teens 13-22 yrs 1 pm - 2 pm

**Age/Time:** Children 6-12yrs 2 pm - 3 pm

**Pet Therapy:** This unique program uses a trained animal to achieve specific physical, social, cognitive and emotional goals with participants.

**Location:** Coyne Park CC, 777 McLean Ave.

**Day:** Program meets twice a month on Fridays.

**Age/Time:** Children & Pre-teens: 6:30 pm - 7:00 pm

**Storytelling:** Join as we read our all-time favorite stories! Parents & participants are encouraged to bring in stories as well! **Location:** Coyne Park CC, 777 McLean Ave.

**Age/Time/ Day:** Children/Pre-teens Saturdays 12:30 - 1 pm

**Special Olympics:** Supervised sports instruction will be offered to participants who meet eligibility requirements for the Westchester/Putnam Special Olympics. The program is offered to teens and adults during the months of October through mid-May.

**Location:** Mark Twain Gym, 160 Woodlawn Ave.

**Day & Time:** Saturdays 9 am - 11 am

**Teen Fun Club:** Participants will have an opportunity to socialize and make new friends. Activities will include:

exercise, sing a longs, community outreach, movies and dine-outs.

**Location:** Coyne Park CC, 777 McLean Ave.

**Day:** Program meets twice a month on Fridays.

**Age/Time:** Teens 13-22yrs 7 pm - 8 pm

**Theatre Workshop:** Learn the wonderful craft of drama, self-expression and miming.

**Location:** Coyne Park CC, 777 McLean Ave.

**Day:** Program meets twice a month on Saturdays.

Program meets an hour earlier the months of Jan. & Feb.

**Age/Time:** Children 6-12yrs 2 pm - 3 pm

**Age/Time:** Teens 13-22yrs 1 pm - 2 pm

**Yoga:** This program enhances strength, breathing and balance.

Each participant will learn breathing exercise techniques in a recreational environment.

**Location:** Coyne Park CC, 777 McLean Ave.

**Day:** Program meets twice a month on Fridays.

**Age/Time:** Children & Pre-teens 6 pm-7 pm

**Young Adult Club:** A social program for developmentally disabled teens through adult years. Activities include: going to the movies, dine-outs, dance therapy, community outreach, exercise, entertainment, cooking, dancing and much more.

**Location:** Coyne Park CC, 777 McLean Ave.

**Age/Day /Time:** Teens & Adults Tuesdays 7 - 9 pm

**Special Events:** A multitude of activities will be planned throughout the year. TBA



## Aquatics

The [online registration date](#) for the Fall AQUATICS programs is [Wednesday, September 14, 2011 at 7pm](#). Water Testing will be conducted the day PRIOR to online registration at the Mark Twain Pool between the hours of 6 - 8pm. If your child has not been in our program, you MUST bring them to Water Testing for correct placement in our level classes. Please read each program description to find program locations, dates and times. For more information call 377-6439/6450.

**Classes begin week of September 19.**

### Water Sprites

**Age:** 3-4 yrs

Little swimmers work on basic skills independently: blowing, floating, arm / leg coordination and safety skills.

Yonkers Avenue Pool, 48 Yonkers Avenue

**Dates / Time:** 8 Fridays starting September 23  
Friday 3:30 - 4:00 pm or 4:00 - 4:30 pm  
8 Saturdays starting September 24  
Saturday 9:15 - 9:45 am or 9:45 - 10:15 am

**Fee:** \$89

**On-line Registration:** [See page 3 - Aquatics registration](#)

### Parent & Tot

6mo-2yrs 6:15 pm - 6:45 pm

2yrs-4yrs 6:45 pm - 7:15 pm

Parent and tot swim classes are designed to give parents and their child a chance to spend quality time in the pool with guidance from a swim instructor. Children develop the basics skills of swimming and gain confidence in the water by learning to put their face underwater, blowing bubbles, kicking, and jumping in the water. Kick boards and noodles are used by the instructors as learning tools. Children must be accompanied by an adult.

**Dates / Time:** 8 Fridays starting September 23

**Fee:** \$89

**Location:** Mark Twain Pool, 160 Woodlawn Avenue

**On-line Registration:** [See page 3 - Aquatics registration](#)

### Adult Learn to Swim

Adult beginners will learn basic swimming skills & water safety. Intermediate swimmers expand their techniques.

**Dates / Time:** 8 weeks Starting week of September 19  
Monday Intermediate / Advanced 8 - 8:45 pm  
Tuesday Beginner 8 - 8:45 pm

**Fee:** \$99

**Location:** Mark Twain Pool, 160 Woodlawn Avenue

**On-line Registration:** [See page 3 - Aquatics registration](#)

### Cardio Aqua Fit

An energizing exercise program designed for body toning and cardio-vascular fitness.

**Dates:** 8 Mondays Starting week of September 19

**Time:** 8:00 - 8:45 pm

**Fee:** \$99

**Location:** Mark Twain Pool, 160 Woodlawn Avenue

**On-line Registration:** [See page 3 - Aquatics registration](#)

### Deep H2O Aquacise

Adults enjoy exercise in deep water with emphasis on lower body. Aqua belt provided or bring your own. You must be comfortable in water over your head.

**Dates / Time:** 8 Wednesdays starting week of September 19  
8:00 - 8:45 pm

**Fee:** \$99

**Location:** Mark Twain Pool, 160 Woodlawn Avenue

**On-line Registration:** [See page 3 - Aquatics registration](#)

### Senior Aquacize

Low Impact aquacise for the Young at heart.

**Dates / Time:** 8 Saturdays starting September 24  
10:00 - 11:00 am

**Age:** 55yrs +

**Fee:** \$65

**Location:** Mark Twain Pool, 160 Woodlawn Avenue

**On-line Registration:** [See page 3 - Aquatics registration](#)

### Teen Learn to Swim

Young adults learn basic swimming and water safety skills.

**Age / Time:** 13- 17yrs 9:15 - 10:00 am

**Dates:** 8 Saturdays starting September 24

**Fee:** \$99

**Location:** Mark Twain Pool, 160 Woodlawn Avenue

**On-line Registration:** [See page 3 - Aquatics registration](#)

## Aquatics

### American Red Cross

#### Water Safety Instructor Course

Comprehensive certification training: Learn to teach all swim levels. Requirements: Pre-requisite swim skills test required. Participants must attend all classes and be at least 16 years of age upon completion.

**Dates / Time:**

During Winter Recess TBA

**Registration Date:** TBA

**Fee:** \$350

**On-line Registration:**

See page 3 - Aquatics registration



#### Recreation Open Swim

Open recreation swim. Requirements:

All parents must accompany children in water.

**Dates / Time:** 8 Fridays starting week of September 19  
7:30 - 9:30 pm

**Fee:** \$75 per Adult \$45 per child

**Location:** Mark Twain Pool, 160 Woodlawn Avenue

**On-line Registration:** See page 3 - Aquatics registration

#### Evening Lap Swim

Leisure swim at your own pace. Must circle swim if more than 2 persons are in a lane.

**Dates / Time:** 8 weeks Starting week of September 19  
Monday & Wednesday 8:00 - 9:00 pm  
Tuesday & Thursday 8:45 - 9:30 pm  
Friday 8:00 - 9:00 pm

**Fee:** \$108

**Location:** Mark Twain Pool, 160 Woodlawn Avenue

**On-line Registration:** See page 3 - Aquatics registration

### Yonkers Tsunami Swim Team

Youth competitive swim techniques and training. Member of the Westchester Fairfield Swim League (WFSL).

**Tryouts:** Tuesday, Sept. 13 (during water testing) 6 - 8 pm  
**Age:** 6 - 18

**Dates / Time:** September 2011 through March 2012

**Location:** Mark Twain Pool, 160 Woodlawn Avenue

**A Team:** Mon., Tues., Wed., Thurs. 7 pm - 8 pm  
Saturdays 11 am - 12:30 pm

**Fee:** Resident \$450, Non Resident Fee: \$550

**B Team:** Monday 6 pm - 7 pm  
Wednesday 6 pm - 7 pm  
Friday 7 pm - 8 pm  
Saturday 12:30 - 2 pm

**Fee:** Resident \$400, Non Resident Fee: \$500

**C Team:** Tuesdays, Thursdays 6 pm - 7 pm  
Friday 6 pm - 7 pm  
Saturday 12:30 - 2 pm

**Fee:** Resident \$400, Non Resident Fee: \$500

### Yonkers Masters Swimming

Enjoy friendship and camaraderie as you improve your stroke, technique & conditioning through organized workouts. Geared for the fitness swimmer to the serious competitor. Registered U.S. Masters Swim Team; member LMSC. For more info visit [www.yonkersmasters.com](http://www.yonkersmasters.com).

**Dates / Time:** Year Round Program  
Tuesdays & Thursdays 8 pm - 9:30 pm  
Saturday 11 am - 12:30 pm

**Age:** 18 yrs +

**Fee:** \$108 for the fall session.

**Location:** Mark Twain Pool, 160 Woodlawn Avenue

**On-line Registration:** See page 3 - Aquatics registration



## Aquatics / Children's Level Classes

Classes combine the best in swim instruction while keeping a strong emphasis on water safety. Courses are available for all ages and skill levels. A certification card will be received after the successful completion of each level class.

Ages: 4 1/2 & Up

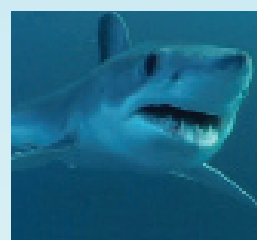
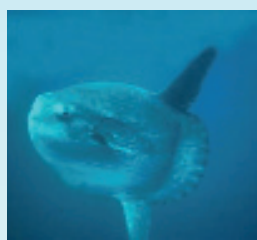
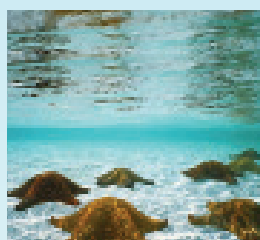
Session: 8 Weeks starting the week of **September 19.**

Fees: \$99 for residents \$124 for non-residents

**Water Testing Requirements:** If your child has not been in our program, you **MUST** bring them to Water Testing for correct placement in our level classes, unless you know they are Beginner level 1.

**Water Testing:** Tuesday, September 13 6 - 8 pm Mark Twain Pool

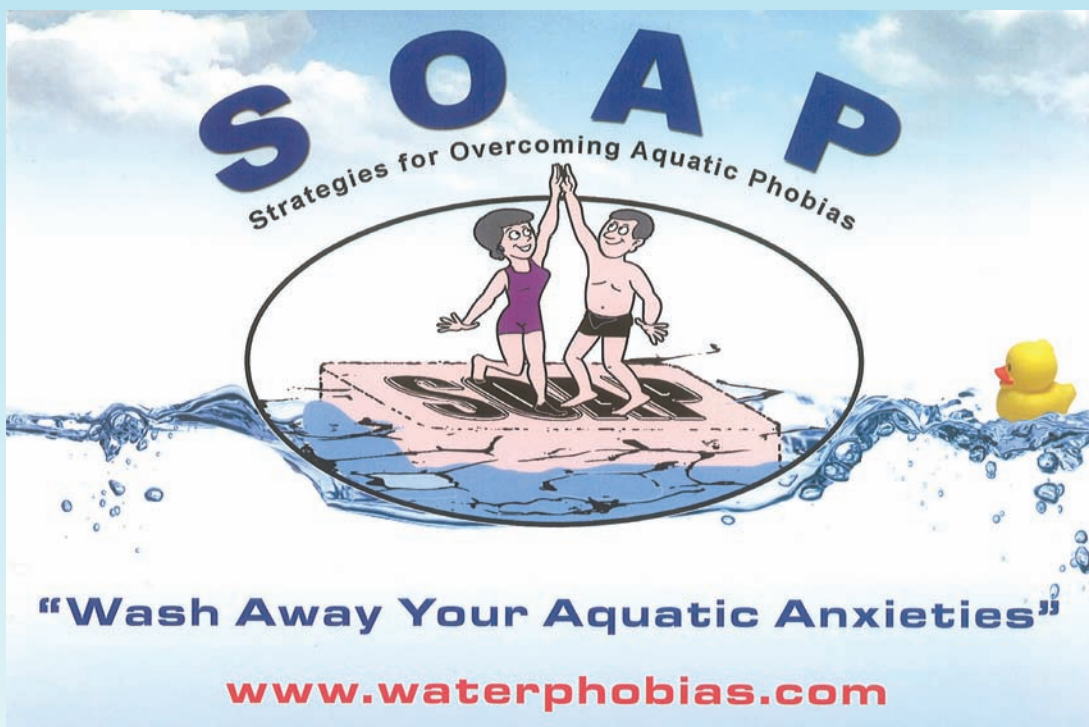
**On-line Registration:** Wednesday, September 14, 2011 7 pm



Star Fish	Sunfish	Stingray	Dolphin	Shark
Level 1	Level 2	Level 3 A / B	Level 4 A/B	Level 5 A/B
<b>Mark Twain Pool</b> 160 Woodlawn Ave.	<b>Mark Twain Pool</b> 160 Woodlawn Ave.	<b>Mark Twain Pool</b> 160 Woodlawn Ave.	<b>Mark Twain Pool</b> 160 Woodlawn Ave.	<b>Mark Twain Pool</b> 160 Woodlawn Ave.
<b>Monday</b> 6:00 - 6:30 / 6:30 - 7:00 pm	<b>Monday</b> 6:00 - 6:30 / 6:30 - 7:00 pm	<b>Monday A/B</b> 7:00 - 7:45 pm	<b>Tuesday A/B</b> 6:15 - 7:00 pm	<b>Monday A</b> 7:00 - 7:45 pm
<b>Tuesday</b> 6:00 - 6:30 / 6:30 - 7:00 pm	<b>Tuesday</b> 6:00 - 6:30 / 6:30 - 7:00 pm	<b>Tuesday A/B</b> 7:00 - 7:45 pm	<b>Wednesday A/B</b> 6:15 - 7:00 pm	<b>Tuesday B</b> 6:15 - 7:00 pm
<b>Wednesday</b> 6:00 - 6:30 / 6:30 - 7:00 pm	<b>Wednesday</b> 6:00 - 6:30 / 6:30 - 7:00 pm	<b>Wednesday A/B</b> 7:00 - 7:45 pm	<b>Thursday A/B</b> 6:15 - 7:00 pm	<b>Wednesday A</b> 6:15 - 7:00 pm
<b>Thursday</b> 6:00 - 6:30 / 6:30 - 7:00 pm	<b>Thursday</b> 6:00 - 6:30 / 6:30 - 7:00 pm	<b>Thursday A/B</b> 7:00 - 7:45 pm	<b>Friday A/B</b> 6:15 - 7:00 pm	<b>Thursday B</b> 6:15 - 7:00 pm
<b>Saturday</b> 9:00 - 9:30 / 9:30 - 10:00 am	<b>Saturday</b> 9:00 - 9:30 / 9:30 - 10:00 am			<b>Saturday A/B</b> 6:15 - 7:00 pm
<b>Yonkers Ave. Pool</b> 48 Yonkers Ave.	<b>Yonkers Ave. Pool</b> 48 Yonkers Avenue	<b>Yonkers Ave. Pool</b> 48 Yonkers Ave.	<b>Yonkers Ave. Pool</b> 48 Yonkers Ave.	<b>Yonkers Ave. Pool</b> 48 Yonkers Ave.
<b>Tuesdays</b> 4:30 - 5:15 pm	<b>Friday</b> 4:30 - 5:15 pm	<b>Tuesday</b> 3:45 pm - 4:30 pm	<b>Tuesday</b> 3:45 pm - 4:30 pm	<b>Tuesday</b> 3:45 pm - 4:30 pm
<b>Saturdays</b> 11:45 am - 12:30 pm	<b>Saturday</b> 11 am - 11:45 am	<b>Saturday</b> 10:15 am - 11 am	<b>Saturday</b> 10:15 am - 11 am	<b>Saturday</b> 10:15 am - 11 am



## Aquatics



### Strategies for Overcoming Aquatic Phobias

The S.O.A.P. Program helps individuals suffering from varying degrees of fear surrounding water. Individuals are gradually introduced to aquaphobic-specific water adjustment skills, group and individual counseling/coaching, as well as traditional learn-to-swim techniques. This emotional and physical support, both in and out of the water, results in a more complete understanding of aquatic fears and opens the door for successful aquatic experiences.



**6 Saturday classes, starting September 24**

**Fee:** \$300

**Time:** 10:00 - 11:00 am

**Location:** Mark Twain Pool, 160 Woodlawn Avenue

# Edward J. Murray Memorial Skating Center

348 Tuckahoe Road  
Yonkers New York, 10710  
(914) 377-6469

Robert Allo.....Rink Manager & Hockey Program  
Patricia Urban.....Assistant Rink Manager & Skating School

## OUR MISSION

Since 1960, The Murray Skating Center has provided quality skating and hockey programs to residents of The City of Yonkers and the surrounding communities. The Skating Center has endeavored to provide a wide range of programs serving the diverse needs of children and adults of all ages. We have always adhered to our original stated goal which is to produce "skating families". All programs focus on the development of the positive characteristics that can be derived from participation in athletic activities such as good sportsmanship, self discipline, responsibility and the ability to function in peer groups. The importance of winning is de-emphasized while primary attention is focused on the development of a healthy, recreational environment.

## OUR PROGRAM GOALS

Our mission is to provide safe, top quality, affordable, recreational Ice Hockey Programs to the youth and adults of our community. Beginning with basic instruction and progressing through league competition we offer something for all ages and skill levels. All programs emphasize skills development, fair play and good sportsmanship and provide participants with the ultimate experience of .....HAVING FUN!!!

## HOW, WHEN AND WHERE TO REGISTER

Registration will be ongoing until all programs are filled. Office hours for walk-in registration are Monday through Friday from 9:00 am to 4:00 pm or you can register on-line at: [www.yonkersny.gov](http://www.yonkersny.gov).

**FEES DO NOT INCLUDE SKATE RENTALS**

### PUBLIC SKATING ADMISSIONS

GENERAL ADMISSION \$7.00  
CHAPERONE \$1.50  
SENIOR CITIZEN \$2.00 (10 am to noon sessions only)  
SKATE RENTAL \$4.00

### PUBLIC SKATING SESSIONS

Wednesdays & Thursdays 10 am - Noon  
Friday 10 am - Noon & 8 - 10 pm  
Saturday 11 am - 1 pm, 2 - 4 pm & 8 - 10 pm  
Sunday 11 am - 1 pm, 2 - 4 pm & 5:20 - 7:20 pm

## HOLIDAY WEEK SCHEDULE

Saturday, December 24th 11 am - 1 pm, 2 - 4 pm  
Sunday, December 25th CLOSED CHRISTMAS DAY  
Monday, December 26th 11 am - 1 pm, 2 - 4 pm & 8 - 10 pm  
Tuesday, December 27th 11 am - 1 pm, 2 - 4 pm & 8 - 10 pm  
Wednesday, December 28th 11 am - 1 pm, 2 - 4 pm & 8 - 10 pm  
Thursday, December 29th 11 am - 1 pm, 2 - 4 pm & 8 - 10 pm  
Friday, December 30th 11 am - 1 pm, 2 - 4 pm & 8 - 10 pm  
Saturday, December 31st 11 am - 1 pm, 2 - 4 pm  
Sunday, January 1st 11 am - 1 pm, 2 - 4 pm & 5:20 - 7:20 pm

### MARTIN LUTHER KING JR. DAY

Monday, January 16th 11 am - 1 pm, 2 - 4 pm

### PRESIDENT'S WEEK

Monday, February 20th 11 am - 1 pm, 2 - 4 pm  
Tuesday, February 21st 11 am - 1 pm,  
Wednesday, February 22nd 10 am - Noon

# Edward J. Murray Memorial Skating Center

## 2011 / 2012 Ice Skating Program

### TOT "TRIAL" EVALUATION CLASS

AGES 4, 5 & 6

Tots can "try-out" a group skating class, to help decide if they are ready for lessons. Reservations for a trial class will reserve a spot in the first semester of group classes. If the parent decides to continue the class, full payment for Semester I must be made on the day of the trial class. A child may register for lessons without a trial class. Missed reservations for trials will be charged for a new trial date if space is available. Call for registration information. Pre-registration is REQUIRED for the Trial Lesson. Fee for Trial Class: \$ 15.00

Please call for more information.

### TOT CLASS- AGES 4, 5 & 6

Curriculum includes 4 levels from learning to stand and move on the ice to stroking and one foot glides.

Children will be grouped according to their skill level.

### SKATE 1 AND SKATE 2 CLASS

AGES 7 TO 14

Students must be able to stand on the ice unassisted in order to be eligible for this class. Curriculum includes an array of basic skating skills from two foot glides to stroking and backward swizzles. Upon mastery of recreational level, students are tested for the ISI Pre-Alpha Level and move up to the Alpha level, for an additional fee, paid to the City of Yonkers.

Note: All students with appropriate skills are eligible for Alpha Class

### TOT , SKATE 1 & SKATE 2 CLASS TIMES & FEES SEMESTER I

TUESDAY	4 pm or 4:30 pm	12 WEEKS	\$180.00
THURSDAY	4 pm	11 WEEKS	\$165.00
SATURDAY	9:45 or 10:15 am	12 WEEKS	\$180.00
SUNDAY	1:15 pm	12 WEEKS	\$180.00

## LEARN TO SKATE PROGRAM

The Ice Skating Institute Method: All students begin lessons at the Tot , Skate 1 or 2 level learning basic skills necessary to progress to Alpha level and beyond. Each level contains specific components as listed and tests are given at regular intervals to enable students to reach the next level. Register online at [yonkersny.gov](http://yonkersny.gov).

### ALPHA CLASS

Curriculum: Forward stroking , forward crossovers one foot snow plow and posture as detailed in the ISI Handbook

### BETA CLASS

Curriculum: Backward stroking, backward crossover strokes, T-stop and posture as detailed in the ISI Handbook.

### GAMMA CLASS

Curriculum: Three turns & Mohawk turns, hockey stop & posture as detailed in the ISI Hand book.

### DELTA CLASS

Curriculum: Forward inside three turns, forward edges shoot the duck, forward lunge, bunny hop and posture as detailed in the ISI Handbook.

### SEMESTER I

TUESDAY	5:00 pm	12 WEEKS	\$192.00
SATURDAY	9:15 am	12 WEEKS	\$192.00

### SEMESTER I

OCTOBER TO DECEMBER

SATURDAY	SUNDAY	TUESDAY	THURSDAY
10/1- 12/17	10/2-12/18	10/4-12/20	10/6-12/22

### FREESTYLE 1 THROUGH 9 CLASSES

Curriculum includes stamina training, flexibility, all jumps and spins in a progression of difficulty. The first 15 minutes of each class will be a warmup period devoted to power skating, edges and movement to music.

### FREESTYLE 1 THROUGH 4

SEMESTER I

SATURDAY	8:30 am	12 WEEKS	\$ 216.00
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### FREESTYLE 5 THROUGH 9

SEMESTER I

SATURDAY	7:45 am	12 WEEKS	\$ 216.00
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# Edward J. Murray Memorial Skating Center

## 2011 - 2012 HOCKEY PROGRAMS

### GENERAL YOUTH HOCKEY INFORMATION

All youth hockey programs are designed to promote skills development utilizing games and drills in accordance with the guidelines set forth by "USA Hockey". "USA Hockey" membership provides excess insurance and other benefits. "USA Hockey" is currently promoting the use of "cross ice" programs to enhance player development. "Cross ice" games and practices will be utilized for all youth hockey programs. Registration is ongoing and will continue until programs are filled. Register online at [www.yonkersny.gov](http://www.yonkersny.gov). All fees must be paid in full at registration. Players age determines eligibility and placement. **COPY OF BIRTH CERTIFICATE REQUIRED FOR ALL YOUTH HOCKEY PLAYERS.**

### LEARN TO SKATE CLASSES

The primary mission of an aspiring hockey player should be to learn how to skate. A wide range of class times are available for those who need to learn the basics of ice skating prior to playing hockey. (See Skating School Programs). Beginning skaters looking for the hockey environment are also welcome to join the "Hockey Clinic" if they have the required equipment. Whatever the choice, either program will get a new player off to a great start. Register online at [yonkersny.gov](http://yonkersny.gov).

### HOCKEY CLINIC-LEARN TO PLAY

Tuesdays from 5:30 to 6:15 pm and also Saturday 1:00 - 1:45 pm for ages 5 to 12 years. Participants are grouped according to proficiency and given instruction in basic skating and hockey skills. Simple games and drills will be utilized to accomplish these goals. Cross Ice scrimmages will be organized at the end of each session.

Tuesday 10/4/11 - 4/24/12, 29 Weeks, \$493.00      Saturday 10/1/11 - 4/21/12, 27 Weeks, \$459.00

Checks payable to: City of Yonkers or register online at [yonkersny.gov](http://yonkersny.gov). Credit cards are accepted.

### IN-HOUSE LEAGUES

Teams will be formed in the age groups listed and will compete in a non-checking, recreational format. Pre-season workouts will be held for the purpose of evaluating players for placement on teams and enhancing the individual skills needed to participate. In addition to the regular season games and playoffs, general practices will be incorporated into the schedule to promote player development. Jerseys, referees, scorekeepers and awards are included in the league fee. Winning games is de-emphasized as the program will focus on equal playing time and skills development including cross ice games and practices. Players must be available during any of the planned times listed. Fee: \$500. Checks payable to "City of Yonkers". Online registration available at [www.yonkersny.gov](http://www.yonkersny.gov). **ALL PLAYERS MUST REGISTER FOR USA HOCKEY ONLINE IN ORDER TO REGISTER FOR THE HOUSE LEAGUE. REGISTER AT [WWW.USAHOCKEY.COM](http://WWW.USAHOCKEY.COM)**

### DIVISION AGES

SQUIRT/ MITES Ages 10 and under (age on or before 12/31/2011)

PLANNED TIMES: Sundays at 4:10 pm

BANTAM/PEEWEE Ages 14 and under (age on or before 12/31/2011)

PLANNED TIMES: Sundays at 9:40 am and / or Tuesday 7:40 - 8:40 pm

# Edward J. Murray Memorial Skating Center

## 2011 - 2012 HOCKEY PROGRAMS CONTINUED...

### EQUIPMENT REQUIREMENTS FOR HOCKEY PROGRAMS

H.E.C.C. approved helmet & face protection

- Throat protector
- Inner mouth piece
- Ice hockey shoulder, shin & elbow pads
- Cup and athletic supporter
- Ice hockey gloves and stick
- Ice hockey skates
- Ice hockey pants

### OPEN HOCKEY

**Fee: \$10 per session**

Players 18 years and older may participate in an open scrimmage or practice workout during the times listed below. Equipment required! Goalies skate free  
Tuesday Mornings 11 am to 1 pm  
Thursday Mornings 12:15 pm to 2:15 pm

### ICE RENTAL TIMES AVAILABLE

**FEE: \$360. PER HOUR**

Proper forms and a \$100 non-refundable deposit required per hour rented to reserve ice time.

Discounted ice rental fee:

Monday - Sunday 12:30 am - 5:30 am

\$200.00 per hour plus terms listed above

### HAVING A BIRTHDAY? Why Not An Ice Skating Party?

- Combine the fun of ice skating with a birthday and you have one especially happy occasion. Reserve your table for at least 12 skating guests on any public skating session except Saturday from 11 to 1 p.m.
- Admission for skating guests is \$6.00 and skate rental is \$4.00. A check for \$50 made payable to: City of Yonkers along with a completed reservation form are required to secure a party reservation.
- You may decorate your table and bring a birthday cake with the necessary paper goods to serve your cake. Our snack bar is open for your convenience for any beverages and food you would like to serve. Our cashier will count your guests and issue a ticket for skate rentals needed. When all your guests have arrived, you may pay the cashier.
- Restrictions: No food or beverage with the exception of a Birthday Cake may be brought into the rink and you must leave the rink at the end of the public session. No confetti, noisemakers.
- For party reservations please call the rink office at (914) 377-6469.

**"Ice Palace Cafe"** offers a complete and courteous food service with a wide range of menu selections. Ask about the Birthday Party Package and take advantage of the many options available to make your party a special event. Call (914) 434-6666 and ask for Joe.

**"The Varsity Skate Shop"** offers a wide range of ice skates and skating apparel and accessories at reasonable prices right on the premises. Skate sharpening and repairs are also available. Stop by the shop for all your skating needs as well as expert and courteous service. Call (914) 337- 3916 and ask for Bill

## Coyne Park Rifle and Pistol Range

771 McLean Avenue 377-6488  
www.coyneparkrange.net

The Coyne Park Range is a modern, state-of-the-art indoor shooting range conveniently located in southeast Yonkers. A public range welcoming to all recreational shooters and law enforcement personnel.

There are many reasons why more than 19 million Americans safely participate in the fun and challenging sport of target shooting. This is a sport that can vary from a leisurely hobby to competing in local and national leagues, or just competing with yourself. If you haven't yet taken the initial step, come join us, and see what you've been missing. Our range accommodates all handgun calibers, as well as .22 caliber rifles, and carbine rifles chambered for standard handgun ammunition (no magnum rounds permitted for any firearms at this time).

**Business Hours:** Monday, Wednesday, Thursday: 5:00 pm - 10:00 pm  
Fridays: 10:00 am - 10:00 pm  
Saturday & Sunday: 12:00 noon - 6:00 pm  
Closed on Tuesday

Residents and Non Residents: \$20 per hour  
Yearly memberships available, Residents \$275 non Residents \$300  
Eye and Ear Protection: \$3 each  
.22 Caliber Rifle Usage: \$12 per session  
.22 Caliber Ammo: \$7 per hundred



### Light (.22 Caliber) Rifle Shooting for Women

This introductory course teaches basic knowledge of rifle, ammunition and firearm safety through lectures and target shooting. Maximum 14 students. Rifles provided by the Range.

Dates / Time: 4 Saturdays: October 22, 29, November 5, 12.  
10:00 am - 12:00 Noon

Special Fee: \$60 for residents and non-residents

Location: Coyne Park Rifle & Pistol Range, 771 McLean Ave.

On-line Registration: See page 3



## Yonkers Animal Shelter / Building Hope

120 Fullerton Avenue  
Yonkers, NY 10704

Interested in adopting? We are constantly in search of new homes for all our wonderful pets, both cats and dogs. These animals are asking for a chance to show you their affection and love. If you are interested in a pet please consider meeting our beautiful animals. Our volunteer adoption coordinator is available to discuss our adoptable animals with you. Potential adopters are required to fill out our pre-adoption form, which can be done at the shelter.

### Hours of Operation

Monday thru Friday 11:00 to 4:00  
Saturday and Sunday 12:00 to 4:00  
Adoption fees: Cats \$65.00 / Dogs \$80.00

### Adoptions include:

Spaying and neutering, a Distemper shot,  
De-worming, Rabies shot, a Dog license and a free  
examination with a participating veterinarian.

### WE NEED YOUR HELP!

The Yonkers Animal Shelter needs a new home to care for abandoned, abused and neglected animals. \$2.3 million still needs to be raised for the construction of the new shelter.

The city's current animal shelter, at 120 Fullerton Avenue in Yonkers, was built almost fifty years ago. At that time, the focus in the city of Yonkers, as in most communities, was animal control; the shelter was seen as a temporary holding facility for animals that were picked up off the streets.

Dogs and cats were generally held for a short period of time and if not claimed by an owner, they were often euthanized. Since adoption was not a goal of the shelter, the original building was not set up to be a comfortable and healthy facility for the animals or to show them off to potential new owners.

The current Yonkers Animal Shelter is literally a crumbling, antiquated facility that is too small, at a maximum capacity of 140 animals, for a city the size of Yonkers. Sometimes, healthy, adoptable animals must be put down to make room for the constant flow of homeless pets that arrive daily from Yonkers and nearby towns. Although the staff does its best to keep the shelter clean, the cages are cramped and the surroundings are depressing. There is no grassy area for the dogs to exercise. The cat rooms are small, with cages piled on top of one another. In this unappealing setting, it's easy to see why many people who might want to adopt a pet simply stay away.

A lot has changed in the thirty years since the original Yonkers Animal Shelter was built. Modern shelters now focus on adoption as a primary goal, and comfortable, humane living conditions for the animals are emphasized. There is ample room for dogs to exercise, and cats are often housed in group settings without cages in which they can play and socialize. Improving the living conditions of shelter animals is not only more humane; better living conditions mean the animals do not become depressed and unfriendly. As a result, these homeless pets remain healthy and adoptable.

The new Yonkers animal shelter will stand in stark contrast to the existing facility. It will be nearly double the size at 14,000 sq. ft., feature an expanded kennel area with room for 50% more animals, include modern medical and exercise areas, and contain inviting public spaces that will showcase the animals for adoption.

**Please send all donations to:**  
Building Hope for the New YAS, Inc.  
P.O. Box 406  
Yonkers, New York 10710

